

hamlyn | **all colour cookbook**

200 easy tagines & more

Ghillie Basan





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How to use this ebook

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introduction



introduction

Aromatic and syrupy, zesty and spicy or sweet and fragrant, a dish of tender meat or succulent vegetables simmered to perfection in buttery sauces with fruit, herbs, honey and chillies: tagines are in a class of their own. They are fundamental to the colourful and sensual cuisine of the culinary landscape of Morocco, Tunisia and Algeria, the region referred to as the Maghreb.

Perched at the northwest corner of the African continent, Morocco acts as a culinary gateway to the native influences of central and northern Africa, to the ancient and medieval traditions of the Arab world and to the Andalucian flavours of southern Spain. From the impressive Atlas and Rif mountains to the majestic cities of ancient dynasties, from the southern deserts with their date-palm oases to the extensive coastline fringed with sun-drenched beaches, Morocco is a land where the medieval and the modern are atmospherically intertwined.



The Arabs, who invaded the region between the 7th and 14th centuries, brought spices, nuts and fruits, some of which were employed in the Persian-inspired meat tagines. The Arabs also brought Islam and its dietary restrictions. The Moors who were expelled from Spain introduced olives, olive oil, tomatoes and paprika to Moroccan cuisine, while Jewish refugees fleeing the Spanish Inquisition brought with them valuable preserving techniques, such as how to make the ubiquitous preserved lemon. The Ottoman Turks also left their mark with sophisticated pastry-making and kebabs, and the Spanish and French who colonized sections of Morocco had a lasting influence on dishes such as soups

and sophisticated fish dishes, as well as café culture, wine-making and the language of the region.



what is a tagine?

Originally a Berber dish, the tagine evolved as the waves of invaders, refugees and colonists left their stamp on the region's cuisine. Classic tagines include combinations of lamb with dried prunes or apricots; chicken with preserved lemon and green olives; duck with dates and honey; fish cooked with tomatoes, lime and coriander; and lentils simmered with turmeric and ginger. Traditional Berber tagines are renowned for their pungent flavouring of clarified or aged butter combined with onions and fiery spices, whereas more modern, French-inspired tagines might include olives and wine.

The name 'tagine' refers to both the cooked dish and the cooking vessel. The traditional vessel is shallow and round and made of clay with a unique conical lid. Other versions include a cast iron base with an earthenware lid. Designed to lock in the moisture and flavours, enabling the food to cook gently in a small amount of liquid, the finished tagine should be served hot from its cooking vessel or transferred into a decorative one.

The secret of an authentic tagine is to simmer the ingredients over a low heat, enabling them to remain deliciously moist and tender. For meat tagines this cooking process may last several hours, allowing the juices of the meat to combine with the oil, liquid and honey to form a rich, velvety sauce. Generally, the pulse, vegetable and fish dishes do not require long cooking times, but the overall taste and texture of the dish benefits greatly from having been cooked in an earthenware tagine.



Traditionally, tagines are cooked over individual, portable clay stoves that are frequently stoked with charcoal to maintain a constant heat. This charcoal stove diffuses the heat all around the base of the tagine, enabling the liquid to reduce and thicken without drying out. Tagines can also be used in the embers of open fires, and some traditional versions can be baked in wood-burning ovens. More modern methods employ a gas hob and an electric oven.



choosing a tagine

There are a number of different tagines to choose from but few of the earthenware

ones indicate their vulnerability when used over a conventional gas hob. Earthenware tagines cannot be used on an electric ring and, in spite of the accompanying instructions about how to treat your tagine, most of the factory-made vessels, whether they are glazed or not, tend to form hairline cracks when they are placed over a gas flame. A heat-diffuser does help in some cases but it is also worth tempering the tagine with scalding milk prior to using it.



choosing & tempering a tagine

If you are planning to buy a tagine in Morocco, Algeria or Tunisia, there are several different types and sizes to choose from. Some represent a tribe, a particular village or a region, while others are used purely for serving, not for cooking. Outside North Africa, there is less choice, but if you are going to use your tagine for cooking, you must make sure it is glazed. Some tagines also benefit from being soaked in water for 24 hours or from being tempered and seasoned by placing bay leaves and dried sage in the base along with a roughly chopped onion, some garlic, and a generous dollop of olive oil, then filled with water and very gently heated through – this removes the earthenware taste from the base of the tagine and prepares it for prolonged cooking over heat. Another method of tempering involves filling the base with milk, slowly bringing it to scalding point, and leaving it to cool. By preparing your tagine in this way, you are rendering it heatproof for a traditional charcoal stove, but not necessarily for a gas hob – you may still need a heat diffuser for the hob. Alternatively, you can buy one of the robust cast-iron base tagines with an earthenware conical lid – a very practical option for conventional hob and oven cooking.

Tagines vary in size and depth and are not usually designed for large quantities. A large copper pot, the k'dra, is usually employed for bigger numbers and feasts.



COUSCOUS

In Morocco, tagines are traditionally served as a course on their own with flat breads or chunks of crusty bread to mop up the delectable syrupy sauces. Couscous is usually served separately, but there are some classic dishes in which tagines and couscous are combined. In modern households and tourist restaurants, couscous is often served as an accompaniment to a tagine. A dish of couscous can look spectacular, particularly at banquets when it is piled up in a cone-shaped mound and topped with stuffed pigeons, dates and almonds or decorated with strips of colourful vegetables and topped with sweet onions and raisins tinged yellow with saffron. It is often accompanied by little side dishes, such as spicy chickpeas, herby salads and harissa paste.



Couscous is a traditional staple of the whole of the North African region but it is Morocco's national dish. Although referred to as a 'grain', couscous is not

technically one; instead it could be more accurately described as Moroccan 'pasta', as it is made with semolina flour and water and then hand-rolled and dried, even though it is prepared and served like rice. Eating couscous in a traditional manner is an experience in itself and requires a little practice. It is a communal dish so, once the mound has been set on the ground or low table, diners literally ram their right hands, palm upwards, into the grains to extract a handful and then, using the thumb and first two fingers, deftly roll the grains to form tight balls that might incorporate some small pieces of meat or vegetables, and flip them into their mouths. It looks easy, but on first attempts the sauce dribbles down your wrist and the granules spill all over the table.

There are many different types of couscous in Morocco, some made with wheat flour, others with barley, maize or millet. In rural areas, the village women still buy sacks of wheat which they take to the local mill to be ground to semolina, and then laboriously prepare couscous every week by sprinkling the semolina flour with water and raking it with their fingers in a circular motion to form tiny balls. The balls are then rubbed by the palm of the hand against the side of the bowl and passed through a sieve to form a uniform size before being spread out to dry. In modern households in the cities, many cooks prefer to avoid this labour-intensive process and buy sacks of ready-prepared couscous, which need to be steamed several times before being eaten. Outside Morocco and the rest of the Maghreb, the most commonly available packets of couscous have been taken one step further, as the granules are already precooked and only require soaking in water to swell, before being fluffed up and aerated with fingers and a little olive or sunflower oil.

A meal without couscous would be unthinkable to the majority of Moroccans. It is of fundamental value to the culture for dietary, religious and symbolic reasons, as Moroccans believe it is a food that brings God's blessing upon those who consume it. It is therefore prepared in every household on holy days and on Fridays, the Islamic day of rest, when it is traditionally distributed to the poor as well. At festive and religious feasts, such as the traditional gatherings to celebrate births and weddings, a mound of couscous is served as the magnificent dish to crown to end the meal. There is a Moroccan saying that 'each granule of couscous represents a good deed', so it is not surprising that thousands of granules are consumed in a day.



basics, snacks & salads



basics, snacks & salads

preserved lemons

green olives with bitter orange

smen

dried chilli harissa paste

herby tomato & caper salad

chilli & coriander dried fruit & nuts

parsnip & beetroot crisps

carrots with cumin & herbs

pink grapefruit & fennel salad

broad beans with mint & lemon

orange, date & chilli salad

preserved lemons

Makes 1 x 450 g–1 litre ($\frac{3}{4}$ –1 $\frac{3}{4}$ pint) jar, depending on the size of your lemons

Preparation time 20 minutes

8–10 **organic unwaxed lemons**, washed and dried

about 10 tablespoons **sea salt**

juice of **3–4 lemons**

Slice the ends off each lemon and stand them on one end. Using a small, sharp knife, carefully make 2 vertical cuts three-quarters of the way through each lemon, as if cutting into quarters, but keep the bases intact. Stuff 1 tablespoon of the salt into each lemon, then pack into a large sterilized jar and seal tightly. Store in a cool place for 3–4 days to soften the skins.

Press the lemons down into the jar until tightly packed, then cover with the lemon juice. Seal the jar and store in a cool place for at least 1 month before using. Use within for 3–4 months.

When ready to use, rinse off the salt and pat dry with kitchen paper. Cut the lemon into quarters and, using a small, sharp knife, remove the flesh, seeds and pith. Finely slice or chop the rind and use as required.

For pickled lemons, pack 8–10 small unwaxed lemons into a sterilized jar. Place 600 ml (1 pint) white wine vinegar, 2–3 tablespoons granulated sugar, 1 tablespoon coriander seeds, 2 dried sage sprigs and 2–3 dried red chillies in a small, heavy-based saucepan and bring to the boil, stirring continuously, until the sugar has dissolved, then reduce the heat and simmer for 5 minutes. Pour over the lemons, seal with a vinegar-proof lid and leave to cool. Store in the refrigerator for 2 weeks before using. (The pickled lemons can be stored in the refrigerator for 4–6 weeks.)



preserved lemons

green olives with bitter orange

Serves **4**

Preparation time **20 minutes**

Cooking time **2–3 minutes**

2 teaspoons **coriander seeds**

1 **fresh** or **preserved bitter orange**

450 g (14½ oz) fleshy **green olives**, pitted and finely sliced

2 tablespoons **olive oil**

juice of 1 **lemon**

Dry-fry the coriander seeds in a small, heavy-based frying pan over a medium heat for 2–3 minutes until they give off a nutty aroma, then crush them in a mortar with a pestle to release the flavour.

Peel the bitter orange, remove the pith, and finely slice the rind, discarding the rest.

Place the sliced olives in a bowl. Add the sliced orange rind, crushed coriander seeds, olive oil and lemon juice and mix well. Leave to stand for at least 10 minutes to allow the flavours to mingle. Serve as a starter with bread, if liked, or as a side dish to accompany a tagine.

For cracked green olives with cardamom & harissa, put 350 g (11½ oz) rinsed and drained cracked green olives in a bowl. Dry-roast 1–2 teaspoons cardamom seeds and ½ teaspoon black peppercorns in a small, heavy-based frying pan over a medium heat for 1–2 minutes until they emit a nutty aroma, then crush them in a mortar with a pestle. Add the crushed spices to the olives with 2–3 tablespoons olive oil, the juice of 1 orange and 1 teaspoon harissa paste and mix well.



green olives with bitter orange

smen

Makes about **225g (8oz)**

Preparation time **40 minutes**

Cooking time **6 minutes**

450 g (14½ oz) **unsalted butter**, at room temperature

100 ml (3½ fl oz) **water**

1 tablespoon **sea salt**

1 tablespoon **dried oregano**

Place the butter in a heatproof bowl and soften by beating with a wooden spoon.

Put the measurement water, salt and oregano in a saucepan, bring to the boil and cook for 4–6 minutes until it has reduced a little, then pour it over the butter and stir with a wooden spoon until well blended. Leave to cool.

Knead the cooled butter with your hands, squeezing out any excess water. Drain well, then spoon the butter into a hot, sterilized jar. Seal the jar and store in the refrigerator, or a cool place, for at least 6 weeks before using. Use within 3–4 weeks.

For clarified butter (ghee), melt 450 g (14½ oz) unsalted butter in a saucepan over a low heat and simmer it very gently for about 45 minutes, making sure it doesn't brown. Strain the clarified butter through a muslin cloth and store in a sterilized jar in the refrigerator, or in a cool place, for at least 6 weeks before using.



smen

dried chilli harissa paste

Makes about **4 tablespoons**

Preparation time **40 minutes, plus 2 days soaking**

Cooking time **2–3 minutes**

2 teaspoons **cumin seeds**

2 teaspoons **coriander seeds**

8–10 **dried red chillies**, soaked in water for 2 days

3–4 **garlic cloves**, chopped

1–2 teaspoons **sea salt**

4 tablespoons **olive oil**

Dry-fry the cumin and coriander seeds in a small, heavy-based frying pan over a medium heat for 2–3 minutes until they emit a nutty aroma, then grind them to a powder in a mortar with a pestle.

Drain the chillies, chop off the stalks, and squeeze out most of the seeds. Discard the stalks and seeds and coarsely chop the chillies. Using a mortar and pestle, pound the chillies with the garlic and salt to form a thick, smooth paste.

Add the ground spices to the paste and pound again, then beat in most of the oil.

Spoon the paste into a sterilized jar and pour over the remaining oil. Seal the jar and store in a cool place or in the refrigerator. Use within 2 months.

For pickled red chillies, pour 400 ml (14 fl oz) white wine or cider vinegar into a saucepan with 2 tablespoons sugar, 2 teaspoons sea salt and 2 teaspoons coriander seeds. Bring the vinegar to the boil, stirring until the sugar has dissolved, then turn off the heat. Using a small sharp knife, slit 8 red guajillo or serrano chillies down one side, from the stalk to the tip, making sure you don't cut right through them. Pack the chillies in a sterilized jar and pour the vinegar mixture over the chillies to cover completely. Seal the jar and store in the refrigerator for at least 2 weeks before using. Store in a cool place and use within 4–6 months. Serve whole as a starter or slice finely and scatter over salads, tagines or couscous.



dried chilli harissa paste

herby tomato & caper salad

Serves **4**

Preparation time **20 minutes**

4 large **tomatoes**

finely sliced rind of 1 **preserved lemon**

1 **red onion**, sliced into bite-sized pieces

1–2 tablespoons **baby capers**, rinsed and drained

small bunch of **flat leaf parsley**, finely chopped

small bunch of **coriander**, finely chopped

small bunch of **mint**, finely chopped

2 tablespoons **olive** or **argan oil**

juice of ½ **lemon**

1 scant teaspoon **paprika**

salt and **pepper**

Place the tomatoes in a heatproof bowl and pour over boiling water to cover. Leave for 1–2 minutes, then drain, cut a cross at the stem end of each tomato and peel off the skins. Cut into quarters, remove and discard the seeds and cut the flesh into thick strips. Place in a large, shallow bowl and add the preserved lemon rind.

Add the onion, capers and herbs to the bowl. Gently toss with the oil and lemon juice and season. Sprinkle over the paprika and serve with warm crusty bread, if liked.

For spicy tomato & preserved lemon salad, thinly slice 4–6 ripe tomatoes and place in a shallow bowl. Add 2 deseeded and finely sliced large green chillies and the finely sliced rind of ½ **preserved lemon**. Drizzle over a little olive or argan oil and season with salt. Gently stir in a finely chopped small bunch of coriander and serve.



herby tomato & caper salad

chilli & coriander dried fruit & nuts

Serves **4**

Preparation time **12 minutes**

Cooking time **6–8 minutes**

125 g (4 oz) **whole almonds**
2 tablespoons **ghee** or **smen**
2 tablespoons **macadamia nuts**, halved
2 tablespoons **cashew nuts**, halved
125 g (4 oz) **ready-to-eat dried apricots**
125 g (4 oz) **ready-to-eat pitted dates**
1–2 teaspoons finely chopped **dried red chilli**
grated rind of 1 **lime**
small bunch of **coriander**, finely chopped
salt

Put the almonds in a bowl and pour over enough boiling water to cover. Leave for 5 minutes, then drain, refresh under cold running water and drain again. Using your fingers, rub the skins off the almonds, then cut the nuts in half.

Heat the ghee or smen in a large, heavy-based frying pan over a medium heat, add the nuts and dried fruit and cook, stirring, for 4–5 minutes until the nuts begin to colour. Toss in the chilli and lime rind and cook for a further 2–3 minutes, then season with salt and stir in the coriander. Serve immediately.

For chilli & coriander mixed nuts, heat 2 tablespoons chilli oil in a heavy-based pan over a medium heat, add 250–350 g (8–11½ oz) mixed nuts, such as almonds, cashews, macadamia and hazelnuts, and cook until they begin to colour. Season with salt to taste and toss in 1 tablespoon finely chopped coriander. Tip into a bowl and serve.



chilli & coriander dried fruit & nuts

parsnip & beetroot crisps

Serves **4**

Preparation time **10 minutes**

Cooking time about **20 minutes**

sunflower or **vegetable oil**, for deep-frying

2 **parsnips**, peeled, halved and thinly sliced lengthways

2–3 **beetroot**, peeled and thinly sliced

salt and **pepper**

Dukkah spice mix

1 tablespoon **hazelnuts**

1 tablespoon **sesame seeds**

2 teaspoons **cumin seeds**

2 teaspoons **coriander seeds**

2 teaspoons **dried mint**

Make the spice mix. Dry-fry the hazelnuts and seeds in a small, heavy-based frying pan over a medium heat for 2–3 minutes until they emit a nutty aroma. Using a pestle and mortar, pound the nuts and seeds to a coarse powder, or tip into a spice grinder and grind to a fine powder. Stir in the mint and season well. Set aside.

Pour enough oil for deep-frying into a deep saucepan and heat to 180–190°C (350–375°F), or until a cube of bread browns in 30 seconds. Deep-fry the parsnips in batches until lightly golden. Remove with a slotted spoon and drain on kitchen paper, then tip all the parsnips into a bowl while hot, and sprinkle over half the dukkah spice mix.

Reduce the heat (the beetroot slices burn easily) and deep-fry the beetroot in batches. Remove and drain on kitchen paper, then tip into a bowl and sprinkle with the remaining spice mix. Serve the parsnip and beetroot crisps separately, or mixed together.

For fried bread & dukkah bites, remove the crusts of 4–8 slices of stale bread and cut them into bite-sized squares. Heat enough oil for deep-frying as for [Parsnip & beetroot crisps](#). Deep-fry the bread in batches until golden brown. Remove with a slotted spoon and drain on kitchen paper, then tip into a bowl while hot and toss with 1–2 tablespoons ready-made [dukkah spice mix](#). Add salt or dried mint to taste and serve.



parsnip & beetroot crisps

carrots with cumin & herbs

Serves **4**

Preparation time **5 minutes**

Cooking time **10–12 minutes**

1–2 teaspoons **cumin seeds**

500 g (1 lb) **carrots**, peeled and cut into thick, bite-sized sticks

2 tablespoons **olive oil**

juice of 1 **lemon**

2 **garlic cloves**, crushed

1-2 teaspoons **runny honey**

small bunch of **coriander**, finely chopped

small bunch of **mint**, finely chopped

sea salt and **black pepper**

Dry-fry the cumin seeds in a small, heavy-based frying pan over a medium heat for about 1–2 minutes, shaking constantly, until they emit a nutty aroma. Transfer to a bowl and leave to cool.

Cook the carrots in a steamer for 10–12 minutes until tender. Refresh under cold running water, then drain.

Place the carrots in a bowl and toss with the olive oil, lemon juice, garlic, roasted cumin seeds and honey. Season to taste, then stir in the coriander and mint. Serve as a side dish to accompany tagines.

For carrot salad with orange blossom water & cumin, peel and grate 500 g (1 lb) carrots and transfer to a bowl. Mix together the juice of 1 lemon with 2 tablespoons orange blossom water, half a teaspoon ground cumin and 1 teaspoon honey. Pour the dressing over the carrots, toss to mix well and season with salt and pepper. Serve the salad with tagines.



carrots with cumin & herbs

pink grapefruit & fennel salad

Serves **4**

Preparation time **30 minutes**

1 fennel bulb

1 tablespoon **olive oil**

juice of ½ **lemon**

1 scant teaspoon **cumin seeds**, crushed

2 pink grapefruit

1 scant teaspoon **salt**

2–3 **spring onions**, finely sliced

1 tablespoon **black olives**, pitted

Cut the base off the fennel and remove the outer layers. Cut in half lengthways and in half horizontally, then finely slice with the grain. Place in a bowl and toss with the oil, lemon juice and cumin seeds. Leave to marinate for 20 minutes.

Meanwhile, using a sharp knife, remove the peel and pith from the grapefruit. Holding the grapefruit over a bowl to catch the juice, cut down between the membranes and remove the segments. Cut each segment in half, place in the bowl and sprinkle with the salt. Leave to stand for 5 minutes to draw out the sweet juices.

Add the fennel to the grapefruit and mix in the spring onions. Serve topped with the olives.

For orange, fennel & apple salad, prepare 2 fennel bulbs as for [Pink grapefruit & fennel salad](#). Place in a bowl and toss with the juice of 1 lemon. Add 2 cored and finely sliced crispy red or green apples and toss to coat well in the lemon juice. Using a sharp knife, remove the peel and pith from 1 orange. Holding the orange over the salad bowl to catch the juice, cut down between the membranes and remove the segments, then add to the bowl. Dry-fry 1–2 tablespoons shelled pistachio nuts in a small, heavy-based frying pan over a medium heat for 1–2 minutes until they begin to colour and emit a nutty aroma. Using a pestle and mortar, pound the pistachios, 1 garlic clove and a small handful of mint leaves to a coarse paste. Mix with 1–2 tablespoons olive oil, then drizzle over the salad. Season and toss well.



pink grapefruit & fennel salad

broad beans with mint & lemon

Serves **4**

Preparation time **15 minutes**

Cooking time **4–5 minutes**

750 g (1½ lb) **fresh** or **frozen broad beans**, podded

2 tablespoons **olive oil**

juice of 1 **lemon**

finely chopped rind of 1 **preserved lemon**

bunch of **mint**, finely shredded

sea salt and **black pepper**

Fill a large saucepan with water and bring it to the boil. Add the broad beans, return to the boil and cook for 3–4 minutes until tender. Drain the beans, refresh under cold running water and transfer to a bowl.

Add the olive oil, lemon juice, most of the preserved lemon rind and mint to the bowl with the broad beans. Toss well and season with salt and pepper. Garnish with the remaining preserved lemon rind and mint. Serve as a side salad to accompany tagines.

For broad bean dip with preserved lemon, bring a large saucepan of water to the boil, add 750 g (1½ lb) podded fresh broad beans, return to the boil and cook for 3–4 minutes until tender. Drain the beans and refresh under cold running water, then remove the larger beans from their tough skins (the smaller beans don't need to be skinned). Using a mortar and pestle, pound the broad beans with 2–3 peeled garlic cloves to form a smooth paste. Stir in 1 teaspoon ground cumin and 1 teaspoon ground coriander. Gradually beat in 2–3 tablespoons olive oil and the juice of half a lemon. Season to taste with salt and pepper. Spoon the dip into a serving bowl, drizzle a little extra olive oil over the top and garnish with the finely chopped rind of ½ preserved lemon. Serve with toasted flat breads.



broad beans with mint & lemon

orange, date & chilli salad

Serves **4**

Preparation time **30 minutes**

3–4 ripe **sweet oranges**

150 g (5 oz) ready-to-eat soft pitted **dates**, finely sliced

2–3 tablespoons **orange blossom water**

1 **red chilli**, deseeded and finely sliced

finely sliced rind of ½ **preserved lemon**

Remove the peel and pith from the oranges with a sharp knife. Place the oranges on a plate to catch the juice and thinly slice into circles or half moons, removing any seeds. Place the oranges and juice in a shallow bowl.

Scatter over the dates, then pour over the orange blossom water. Cover and leave to stand for 15 minutes to let the flavours mingle and the dates soften.

Sprinkle over the chilli and preserved lemon rind and gently toss together.

For orange, radish & chilli salad, using a sharp knife, remove the peel and pith from 2–3 oranges. Holding the oranges over a bowl to catch the juice, cut down between the membranes and remove the segments. Cut each segment in half, remove any seeds and place in the bowl. Dry-fry 2 teaspoons fennel seeds in a small, heavy-based frying pan over a medium heat for 2–3 minutes until they emit a nutty aroma, then scatter over the oranges. Add 6–8 sliced small red radishes, 1 tablespoon pitted and sliced green olives and 2 deseeded and sliced green chillies. Mix together 2 tablespoons olive oil, 1 tablespoon orange blossom water and 1 teaspoon runny honey and pour over the salad. Season, toss together lightly and serve scattered with 1 tablespoon finely chopped parsley.



orange, date & chilli salad

COUSCOUS



COUSCOUS

quick cinnamon couscous

couscous with fennel & courgette

couscous with seven vegetables

couscous with dried fruit & nuts

couscous tfaia

couscous with apricot chutney

couscous with spring vegetables

cumin couscous with roasted veg

couscous with dates & cardamom

couscous with beef & saffron

lemon couscous & spicy shellfish

couscous with tomato sauce

couscous with lemon, feta & mint

sweet couscous with pistachios

quick cinnamon couscous

Serves **4**

Preparation time **6 minutes**

Cooking time about **4 minutes**

350 g (11½ oz) **couscous**

2 tablespoons **butter** or **ghee**

1 teaspoon **ground cinnamon**

1 teaspoon **icing sugar** (optional)

salt and **pepper**

Tip the couscous into a heatproof bowl and just cover with boiling water. Cover with clingfilm and leave to stand for 5 minutes, then fluff up with a fork.

Melt the butter or ghee in a large frying pan over a medium heat, add the couscous, stirring well to separate the grains, and season with salt and pepper.

Spoon the couscous into a pyramid on a serving dish and dust with the cinnamon and icing sugar, if using. Serve hot as a side dish.

For buttered almond & cinnamon couscous, tip 350 g (11½ oz) couscous into a bowl. Stir ½ teaspoon salt into 400 ml (14 fl oz) warm water, pour over the couscous and mix well. Cover with a clean tea towel and leave to stand for about 10 minutes. Melt 2 tablespoons butter or ghee in a heavy-based frying pan over a medium heat, stir in 2 tablespoons flaked almonds and cook for 2–3 minutes until golden brown. Add the couscous and toss well. Serve hot as a side dish, dusted with a little ground cinnamon.



quick cinnamon couscous

couscous with fennel & courgette

Serves **4**

Preparation time **15 minutes**

Cooking time **10–15 minutes**

2 tablespoons **olive oil**

1–2 teaspoons **aniseed seeds**

grated rind of 1 **orange**

2 **fennel bulbs**, trimmed and cut into quarters

juice of 2 **oranges**

1 **courgette**, halved and sliced lengthways

15 g (½ oz) **butter**

1 tablespoon **runny honey**

1 tablespoon **orange blossom water**

salt and **pepper**

½ **orange**, thinly sliced, to garnish

Couscous

350 g (11½ oz) **couscous**

½ teaspoon **salt**

400 ml (14 fl oz) **warm water**

2 tablespoons **olive oil**

15 g (½ oz) **butter**, cut into small pieces

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for about 10 minutes. Using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a piece of damp greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 10–15 minutes until heated through.

Meanwhile, heat the oil in the base of a tagine or a heavy-based frying pan over a medium heat, stir in the aniseed and orange rind and cook for 1–2 minutes until fragrant. Add the fennel and toss to coat well, then pour in the orange juice. Cover and cook gently for 3–4 minutes.

Add the courgette and butter, season and drizzle over the honey. Re-cover and cook for a further 3–4 minutes until the vegetables are very tender. Remove the lid and bubble up any liquid for 3–4 minutes until slightly caramelized, then pour over the orange blossom water.

Pile the couscous on a shallow serving dish and spoon over the fennel and courgettes. Drizzle over the caramelized juice and garnish with the orange slices.



couscous with fennel & courgette

couscous with seven vegetables

Serves **6**

Preparation time **25 minutes**

Cooking time about **20 minutes**

1.2 litres (2 pints) **vegetable** or **chicken stock**
6 **garlic cloves**, peeled and smashed
2–3 **rosemary sprigs**
2 **bay leaves**
6–8 **peppercorns**
2 **onions**, cut into quarters
2 **carrots**, peeled and sliced lengthways
1 **sweet potato**, peeled and cut into long, thick strips
1 **courgette**, halved, deseeded and cut into long, thick strips
2 **celery stalks**, cut into 3 pieces
2 **leeks**, cut into 3–4 pieces
2–3 **tomatoes**, quartered
2 teaspoons **honey**
1–2 teaspoons **harissa paste**
sea salt and **pepper**

Couscous

500 g (1 lb) **couscous**

1 teaspoon **sea salt**

600 ml (1 pint) **warm water**

2 tablespoons **sunflower oil**

25 g (1 oz) **butter**, cut into small pieces

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to loosen the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a piece of damp greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for 15–20 minutes.

Meanwhile, bring the stock to the boil in a heavy-based saucepan. Stir in the garlic, rosemary, bay leaves, peppercorns and 1 teaspoon salt, then add onions, carrots and sweet potato, reduce the heat and cook gently for 4–5 minutes. Add the courgette, celery and leeks and continue to cook gently for 10 minutes, then stir in the tomatoes, honey and harissa paste and cook gently for a further 5 minutes. Season to taste.

Pile the couscous in a mound on a shallow serving dish. Using a slotted spoon, lift the vegetables out of the stock and place them around the couscous. Pour the stock into individual bowls and serve with the vegetables and couscous.

For couscous with steamed vegetables, prepare and cook the couscous as for [Couscous with seven vegetables](#). Steam the vegetables until tender. Arrange them around the hot couscous. Combine 2 tablespoons olive oil with the juice of 1 lemon, 1 teaspoon harissa paste and 1 tablespoon finely chopped coriander and drizzle the dressing over the couscous and vegetables.



couscous with seven vegetables

couscous with dried fruit & nuts

Serves **4–6**

Preparation time **15 minutes**

Cooking time about **20 minutes**

500 g (1 lb) **couscous**

600 ml (1 pint) **warm water**

1 teaspoon **salt**

pinch of **saffron threads**

3 tablespoons **sunflower oil**

2 tablespoons **smen** or **ghee**

1–2 teaspoons **cumin seeds**

1–2 teaspoons **coriander seeds**

2 tablespoons **flaked almonds**

2 tablespoons **shelled pistachios**

1 tablespoon **pine nuts**

120 g (4 oz) **ready-to-eat, dried apricots**, roughly chopped

120 g (4 oz) **ready-to-eat prunes**, roughly chopped

2 tablespoons **currants** or **raisins**

2 teaspoons **ground cinnamon**

1 tablespoon **icing sugar**

Tip the couscous into an ovenproof dish. Mix together the measurement water, salt and saffron threads and pour over the couscous, stirring once to make sure the grains are evenly spread. Cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up.

Heat the smen or ghee in a large, heavy-based frying pan over a medium heat, stir in the cumin and coriander seeds and cook for 1–2 minutes to flavour the smen. Add the nuts and cook for a further 1 minute, then add the dried fruit and toss to combine.

Add the nuts and fruit to the couscous and toss lightly to mix. Cover with a piece of damp greaseproof paper and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 15–20 minutes.

Pile the couscous in a conical mound on a shallow serving dish and sprinkle with the cinnamon and sugar – this is usually done in alternate stripes up and down the mound. Serve on its own or as an accompaniment to grilled and roasted meat and poultry.

For pan-fried couscous with nuts, follow the recipe as for [Couscous with dried fruit & nuts](#) soaking and rubbing the oil into the couscous and for frying the nuts and dried fruit. Add the couscous to the frying pan and stir well, making sure it is

thoroughly mixed and heated through. Garnish with a small bunch of finely chopped parsley or coriander.



couscous with dried fruit & nuts

couscous tfaia

Serves **4**

Preparation time **15 minutes**

Cooking time **15–20 minutes**

2 tablespoons **smen** or **ghee**

3 **onions**, finely sliced

50 g (2 oz) **fresh root ginger**, peeled and chopped

4 **cinnamon sticks**

2 tablespoons **sultanas** or **golden raisins**

1 teaspoon **saffron threads**, soaked in 4 tablespoons warm water

1–2 tablespoons **honey**

sea salt and **black pepper**

small bunch of **coriander**, finely chopped, to garnish

Couscous

350 g (11½ oz) **couscous**

1 teaspoon **sea salt**

400 ml (14 fl oz) **warm water**

2 tablespoons **sunflower oil**

25 g (1 oz) **butter**, cut into small pieces

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a damp piece of greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 15–20 minutes until heated through.

Meanwhile, heat the smen or ghee in the base of a tagine or a heavy-based frying pan over a medium heat, stir in the onions, ginger and cinnamon sticks and cook for 3–4 minutes to flavour the smen. Add the sultanas or raisins, saffron water and honey, then cover and cook gently for 10 minutes. Season with salt and pepper.

Pile the couscous in a conical mound on a shallow serving dish and use a spoon to create a hollow in the top. Spoon the tfaia into the hollow and around the base of the couscous and garnish with the coriander. Serve as an accompaniment with tagines or grilled dishes.

For couscous with saffron, tip the couscous into an ovenproof dish. Combine the measurement water with 1 teaspoon salt and a scant teaspoon of saffron threads. Leave the saffron to soak in the water for 2–3 minutes, then stir it into the couscous. Cover with a clean tea towel and leave to stand for 10–15 minutes. Follow the recipe as for [Couscous tfaia](#) rubbing in the oil and heating the couscous and serve with tagines.



couscous tfaia

couscous with apricot chutney

Serves **4**

Preparation time **15 minutes**

Cooking time **25–30 minutes**

225 g (7½ oz) **dried apricots**, finely chopped
1 **apple**, peeled, cored and finely chopped
1 **onion**, finely chopped
3 **garlic cloves**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and grated
1 tablespoon **sultanas**
2 **cinnamon sticks**
juice and zest of 1 **lemon**
150 ml (¼ pint) **white wine vinegar**
pinch of **chilli powder**
2 tablespoons **honey**
2–3 tablespoons **orange blossom water**
1 tablespoon **sunflower oil**
225 g (7½ oz) **halloumi cheese**
small bunch of **coriander**, finely chopped, to garnish

Couscous

350 g (11½ oz) **couscous**

1 teaspoon **sea salt**

400 ml (14 fl oz) **warm water**

2 tablespoons **sunflower oil**

25 g (1 oz) **butter**, diced

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for about 10 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the sunflower oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a damp piece of greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for 15–20 minutes until heated through.

Meanwhile, make the chutney. Put the apricots, apple, onion, garlic, ginger and sultanas in the base of a tagine or a large, heavy-based saucepan. Add the cinnamon sticks, lemon juice and zest, vinegar and chilli powder, cover and cook gently over a low heat for 15 minutes. Stir the honey and orange blossom water into the apricot and apple mixture and continue to cook for 10–15 minutes until the mixture is thick and fragrant. Season with salt and pepper.

Meanwhile, heat the sunflower oil in a heavy-based frying pan over a medium heat. Cut the halloumi into thin strips and fry for 2–3 minutes on each side until golden brown.

Pile the couscous in a conical mound on a shallow serving dish and use a spoon to create a hollow in the top. Spoon the chutney into the hollow, arrange the haloumi around the couscous and garnish with coriander. Serve on its own or as an accompaniment with grilled meat and poultry.



couscous with apricot chutney

couscous with spring vegetables

Serves **4**

Preparation time **15 minutes**

Cooking time about **15 minutes**

850 ml (1½ pints) **hot vegetable** or **chicken stock**

pinch of **saffron threads**

175 g (6 oz) **fresh broad beans**, podded

2–3 **fresh** or **frozen ready-prepared artichoke bottoms**, cut into quarters

4 **baby courgettes**, sliced thickly

4 **garlic cloves**, finely sliced

150 g (5 oz) **fresh peas**, podded

4–6 **spring onions**, thickly sliced

small bunch of **dill**, finely chopped

salt and **pepper**

For the couscous

450 g (14½ oz) **couscous**

½ teaspoon **salt**

500 ml (17 fl oz) **warm water**

1–2 tablespoons **olive oil**

15 g (½ oz) **butter**, cut into small pieces

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for about 10 minutes. Using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a piece of damp greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 10–15 minutes until heated through.

Meanwhile, bring the stock and saffron to the boil in a heavy-based saucepan. Drop in the broad beans, artichoke bottoms, courgettes and garlic and cook for 2–3 minutes. Add the peas and spring onions, reduce the heat and simmer for 10 minutes until the vegetables are tender. Season and stir in the dill.

Pile the couscous on a shallow serving dish. Using a slotted spoon, remove the vegetables from the broth and arrange over the couscous. Drizzle with a little broth and serve the remaining broth separately in a jug.

For preserved lemon & herb couscous salad, tip 350 g (11½ oz) couscous into a bowl. Stir ½ teaspoon salt into 400 ml (14 fl oz) warm water and pour over the couscous. Cover with a clean tea towel and leave to stand for about 10 minutes. Using your fingertips, rub 1–2 tablespoons olive oil into the grains until light and any lumps are broken up. Add 2–3 finely chopped spring onions, 1 deseeded and finely chopped green chilli, the finely chopped rind of 1 [preserved lemon](#) and 2 tablespoons each of finely chopped flat leaf parsley, mint and coriander. Season, toss and serve.



couscous with spring vegetables

cumin couscous with roasted veg

Serves **4–6**

Preparation time **20 minutes**

Cooking time **40 minutes**

1 **aubergine**, cut into bite-sized chunks

2 **small courgettes**, cut into bite-size chunks

1 **red pepper** and 1 **yellow pepper**, cored, deseeded and cut into bite-size chunks

4–6 **garlic cloves**, finely sliced

40 g (1½ oz) **fresh root ginger**, peeled and cut into thin sticks

100 ml (3½ fl oz) **olive oil**

sea salt and **black pepper**

bunch of **coriander**, coarsely chopped, to garnish

1–2 **lemons**, cut into segments, to serve

Cumin couscous

500 g (1 lb) **couscous**

600 ml (1 pint) **warm water**

1–2 tablespoons **sunflower oil**

2 teaspoons **cumin seeds**

25 g (1 oz) **butter**, cut into small pieces

Place all the vegetables in an ovenproof dish with the garlic and ginger. Pour over the oil, season well with salt and pepper and place in a preheated oven, 200°C (400°F), Gas Mark 6, for about 40 minutes until the vegetables are tender and nicely browned.

Meanwhile, tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Toss in the cumin seeds, scatter over the butter and cover with a piece of damp greaseproof paper. Place in the oven for 15–20 minutes until heated through.

Pile the couscous in a mound on a shallow serving dish and spoon the roasted vegetables and cooking juices over and around the couscous. Garnish with the coriander and serve with lemon wedges to squeeze over it.

For cumin & pickled chilli couscous, soak the couscous following the recipe as for [Cumin couscous with roasted veg](#). Rub 1–2 tablespoons olive oil into the grains to separate them. Deseed and finely slice 2–3 pickled chillies and add them to the couscous with the cumin seeds. Scatter over the butter, cover with a piece of damp greaseproof paper, and place in a preheated oven, 200°C (400°F), Gas Mark 6, for 15–20 minutes to heat through. Garnish with a small bunch of finely chopped coriander.



cumin couscous with roasted veg

couscous with dates & cardamom

Serves **4**

Preparation time **15 minutes**

Cooking time **10 minutes**

350 g (11½ oz) **couscous**

400 ml (14 fl oz) **warm water**

1 tablespoon **sunflower oil**

1–2 tablespoons **smen** or **ghee**

1 teaspoon **cardamom seeds**

175 g (6 oz) **ready-to-eat dried dates**, finely sliced

1–2 teaspoons **ras el hanout**

bunch of **coriander**, finely chopped

sea salt and **black pepper**

thick, set yogurt, to serve

Tip the couscous into a heatproof bowl. Stir half a teaspoon of salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up.

Melt the smen or ghee in a heavy-based frying pan over a medium heat, stir in the cardamom seeds and cook for 1 minute. Add the dates and cook for 1–2 minutes, then stir in the ras el hanout. Add the couscous and stir well, making sure it is thoroughly mixed and heated through. Season with salt and pepper and toss in most of the coriander.

Pile the couscous in a mound on a shallow serving dish, garnish with the remaining coriander and serve with dollops of yogurt.

For spicy couscous with sultanas, follow the recipe as for [Couscous with dates & cardamom](#), replacing the cardamom seeds with 1–2 teaspoons cumin seeds and substituting the dates with 3–4 tablespoons sultanas. Serve the couscous on its own with dollops of yogurt.



couscous with dates & cardamom

couscous with beef & saffron

Serves **4**

Preparation time **5 minutes**

Cooking time **1½–2 hours**

500 g (1 lb) **lean beef**, cut into thin strips

1 **onion**, finely sliced

1 teaspoon **ground coriander**

1 teaspoon **ground cumin**

2–3 **cinnamon sticks**

2 tablespoons **sultanas**

2 tablespoons **honey**

pinch of **saffron threads**, soaked in 125 ml (4 fl oz) **warm water**

salt and **black pepper**

small bunch of **flat leaf parsley**, finely chopped, to garnish

Couscous

350 g (11½ oz) **couscous**

½ teaspoon **sea salt**

400 ml (14 fl oz) **warm water**

1–2 tablespoons **sunflower oil**

25 g (1 oz) **butter**, cut into small pieces

Place the beef, onion, ground spices and cinnamon sticks in the base of a tagine or a large, heavy-based saucepan. Pour in just enough water to cover the meat and bring it to the boil. Reduce the heat, cover and simmer for 1½ hours.

Meanwhile, tip the couscous into an ovenproof dish. Stir half a teaspoon salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes.

Add the sultanas, honey and saffron water to the tagine or saucepan, re-cover and cook gently for 15–20 minutes. Season with salt and pepper. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter the butter over the top and cover with a piece of damp greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for 15–20 minutes until heated through.

Serve the couscous with the beef tagine and garnish with parsley.

For couscous with beef & ginger, prepare and cook the couscous following the recipe as for [Couscous with beef & saffron](#). Heat 2 tablespoons smen or ghee in a heavy-based frying pan over a medium heat, stir in 2 finely chopped garlic cloves and 1–2 tablespoons peeled and finely chopped fresh root ginger and cook for 2–3 minutes. Stir in 225 g (7½ oz) very finely sliced strips of lean beef and cook for 4–5 minutes, stirring continuously. Toss the beef through the prepared couscous. Season and garnish with a bunch of finely chopped parsley.



couscous with beef & saffron

lemon couscous & spicy shellfish

Serves **6–8**

Preparation time **10 minutes**

Cooking time **10 minutes**

2–3 tablespoons **olive oil**

750 g (1½ lb) **shop-bought ready-prepared seafood selection**

2 teaspoons **harissa paste**

bunch of **coriander**, finely chopped

salt and **pepper**

Lemon couscous

450 g (14½ oz) **couscous**

2 tablespoons **sunflower oil**

finely chopped rind of 1 **preserved lemon**

25 g (1 oz) **butter**, cut into small pieces

Tip the couscous into a heatproof bowl and just cover with boiling water. Cover with clingfilm and leave to stand for 5 minutes. Fluff up with a fork, then stir in the oil to separate the grains. Transfer to an ovenproof dish, stir in the preserved lemon rind, season with pepper and scatter over the butter. Cover with a damp piece of greaseproof paper and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 10 minutes until heated through.

Meanwhile, heat the olive oil in a heavy-based frying pan over a medium heat, add the seafood and cook for 3–4 minutes. Add the harissa, season and stir in most of the coriander.

Pile the couscous in a mound on a shallow serving dish. Spoon the seafood over the couscous and serve garnished with the remaining coriander.



lemon couscous & spicy shellfish

couscous with tomato sauce

Serves **4**

Preparation time **15 minutes**

Cooking time **20 minutes**

1 tablespoon **olive oil**

1 **onion**, finely chopped

2–3 **garlic cloves**, finely chopped

1–2 teaspoons **harissa paste**

1 x 400 g (13 oz) **can chopped tomatoes**

1–2 teaspoons **sugar**

bunch of **mint**, finely chopped

bunch of **coriander**, finely chopped

salt and **black pepper**

finely chopped rind of ½ **preserved lemon rind**, to garnish

Couscous

350 g (11½ oz) **couscous**

½ teaspoon **sea salt**

400 ml (14 fl oz) **warm water**

1–2 tablespoons **sunflower oil**

25g (1oz) **butter**, cut into small pieces

Tip the couscous into an ovenproof dish. Stir the salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up. Scatter over the butter and cover with a piece of damp greaseproof paper. Place in a preheated oven, 180°C (350°F), Gas Mark 4, for 20 minutes until heated through.

Meanwhile, heat the olive oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 2–3 minutes. Stir in the harissa, tomatoes and sugar, then cover and cook over a medium heat for 10–15 minutes. Toss in most of the herbs and season with salt and pepper.

Pile the couscous in a conical mound on a shallow serving dish and use a spoon to create a hollow in the top. Spoon the spicy tomato sauce into the hollow and garnish with the rest of the herbs and the preserved lemon rind. Serve with tagines or grilled meat, poultry or fish.



couscous with tomato sauce

couscous with lemon, feta & mint

Serves **4**

Preparation time **25 minutes**

Cooking time **15–20 minutes**

350 g (11½ oz) **couscous**

400 ml (14 fl oz) **warm water**

1–2 tablespoons **sunflower oil**

finely chopped rind of 1 **preserved lemon**

200 g (7 oz) **feta cheese**, cut into cubes

1–2 teaspoons **dried mint**

sea salt and **black pepper**

small bunch of **mint**, finely chopped, to garnish

Tip the couscous into an ovenproof dish. Stir ½ teaspoon salt into the measurement water and pour over the couscous. Stir once to make sure all the grains are submerged in the water, then cover with a clean tea towel and leave to stand for about 10–15 minutes. Rake a fork through the couscous to break up the grains. Then, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up.

Stir the preserved lemon rind, feta and dried mint through the couscous until thoroughly mixed, then season with salt and pepper. Cover with a piece of damp greaseproof paper and place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 15–20 minutes until heated through. Garnish with the fresh mint. Serve with tagines or grilled meat and poultry.

For couscous salad with preserved lemon & feta, soak and oil the couscous following the recipe as for **Couscous with lemon, feta & mint**. Toss in the finely chopped preserved lemon rind and feta. Omit the dried mint and add 2 tablespoons cracked green olives, pitted and finely sliced, and finely chopped bunches of flat leaf parsley and mint. Toss in the juice of 1 lemon and season well with salt and pepper. Serve with grilled and roasted meat and poultry.



couscous with lemon, feta & mint

sweet couscous with pistachios

Serves **4–6**

Preparation time **30 minutes**

175 g (6 oz) **raisins**

300 ml (½ pint) **warm tea** (made with green or black leaves)

450 g (1 lb) **couscous**

600 ml (1 pint) **warm water**

½ teaspoon **salt**

1–2 tablespoons **sunflower oil**

1–2 tablespoons **cane sugar**

2–3 tablespoons **orange blossom water**

1 tablespoon **ground cinnamon**

25 g (1 oz) **butter**

2 tablespoons shelled, **unsalted pistachios**

2 tablespoons **icing sugar**

4 tablespoons **runny honey**

4–6 tablespoons **single or double cream**

Put the raisins in a bowl and pour in the warm tea. Leave the raisins to soak for about 1 hour, until nice and plump then drain them thoroughly.

Tip the couscous into a bowl, Stir the salt into the water and pour it over the couscous. Leave it to soak for 10–15 minutes.

Rub the oil into the grains, using your fingertips, and toss in the cane sugar, orange blossom water and half the cinnamon, Add the soaked raisins and mix thoroughly.

Spoon the mixture into a smaller bowl, pressing it down so that it all fits in snugly, then invert the bowl onto a serving plate, so that you have a couscous dome.

Melt the butter in a skillet and stir in the pistachios for 1–2 minutes, until they emit a nutty aroma. Scatter the pistachios over and around the couscous dome.

Dust the rest of the cinnamon in decorative lines from the top of the dome to the base, and sift the icing sugar over the top.

Heat the honey in a pan and serve the couscous with a drizzle of cream and warm honey as a sweet snack or at the end of a meal.

For couscous with raisins and honey, follow the recipe for the soaking and oiling of the couscous. Toss in 2–3 tablespoons raisins, soaked in tea, and tip the mixture into individual serving bowls. Heat 4–6 tablespoons honey in a small pan and drizzle it over the couscous in each bowl. Serve on its own with yogurt as a quick snack or for breakfast.



sweet couscous with pistachios

beef & lamb



beef & lamb

ginger & honey lamb tagine

spicy meatballs

beef with beetroot & orange

ginger beef with sweet potatoes

lamb with chestnuts

lamb with dates & pistachios

lamb tfaia with almonds & eggs

meatball & egg tagine with cumin

baked lamb with quinces

spicy beef & sun-dried tomatoes

lamb, sweet potato & okra k'dra

beef with prunes & star anise

lamb chop k'dra

fennel-roasted lamb fillet with figs

ginger & honey lamb tagine

Serves **4**

Preparation time **5 minutes**

Cooking time **25–30 minutes**

1–2 tablespoons **olive** or **argan oil**

1 **onion**, finely chopped

2–3 **garlic cloves**, finely chopped

25 g (1 oz) **fresh root ginger**, peeled and finely chopped

450 g (14½ oz) **lean lamb**, cut into bite-sized pieces

2 teaspoons **ground cinnamon**

175 g (6 oz) **ready-to-eat dried apricots**

2 tablespoons **runny honey**

salt and **pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic and ginger and cook for 1–2 minutes to let the flavours mingle. Add the lamb and cinnamon and stir to coat well.

Pour in enough hot water to just cover the meat and bring to the boil. Reduce the heat, cover and simmer for 15 minutes. Add the apricots and honey, re-cover and simmer for a further 10 minutes. Season to taste and serve hot with plain, buttery couscous, if liked.

For spicy ginger & honey lamb tagine, heat 1–2 tablespoons olive oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in 1 chopped onion, 2 chopped garlic cloves, 1–2 deseeded and finely chopped red chillies and 25 g (1 oz) fresh root ginger, peeled and chopped, and cook for 1–2 minutes until they begin to colour. Stir in 500 g (1 lb) cubed lamb and 2 tablespoons runny honey and pour over enough hot water to cover. Bring to the boil, then reduce the heat, cover and simmer for 15 minutes. Season to taste and toss in 1 tablespoon finely chopped coriander. Serve with plain buttery couscous or a herb couscous.



ginger & honey lamb tagine

spicy meatballs

Serves **4–6**

Preparation time **30 minutes**

Cooking time **about 1¼ hours**

1 tablespoon **olive oil**

1 tablespoon **butter**

1 **onion**, finely chopped

2–3 **garlic cloves**, finely chopped

40 g (1½ oz) **fresh root ginger**, peeled and finely chopped

1 **red chilli**, deseeded and finely chopped

2 teaspoons **ground turmeric**

300 ml (10 fl oz) **water**

small bunch of **coriander**, finely chopped

1 **lemon**, cut into 4–6 segments

Meatballs

450 g (14¼ oz) **finely minced lamb**

1 **onion**, finely chopped or grated

small bunch of **flat leaf parsley**, finely chopped

1–2 teaspoons **ground cinnamon**

1–2 teaspoon **ras el hanout**

sea salt and **black pepper**

Prepare the meatballs. Mix together all the ingredients in a bowl and season. Knead the mixture well, then roll cherry-sized pieces into firm balls.

Heat the oil and butter together in the base of a tagine or large, heavy-based saucepan over a medium heat, stir in the onion, garlic, ginger and chilli and cook for 2–3 minutes to let the flavours mingle.

Add the turmeric and pour in the measurement water. Bring to the boil, then drop the meatballs carefully into the liquid. Reduce the heat, cover and cook gently for 25–30 minutes.

Stir in half the coriander, season with salt and pepper and place the lemon segments among the meatballs. Re-cover and continue to cook gently for about 40 minutes. Garnish with the rest of the coriander and serve with plain couscous, if liked.

For spicy meatballs in a tomato sauce, prepare the meatballs as for [Spicy meatballs](#). Heat the oil and butter in the base of a tagine or large, heavy-based saucepan over a medium heat, stir in the onion, garlic, ginger, and chillies and cook for 2–3 minutes to let the flavours mingle. Pour in the measurement water. Bring to the boil, then carefully drop the meatballs into the liquid. Reduce the heat, cover and cook gently for about 40 minutes. Stir in 1–2 tablespoons tomato paste, 1 teaspoon sugar and half the coriander. Re-cover and cook gently for a further 20 minutes. Season to taste, garnish with the remaining coriander and serve with couscous.



spicy meatballs

beef with beetroot & orange

Serves **4–6**

Preparation time **20 minutes**

Cooking time **about 1½–2 hours**

1–2 tablespoons **smen** or **ghee**
3–4 **garlic cloves**, finely chopped
1 **onion**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and finely chopped
1 **red chilli**, deseeded and finely chopped
2 teaspoons **coriander seeds**
2 **cinnamon sticks**
3–4 **beetroot**, peeled and quartered
500 g (1 lb) **lean beef**, cut into bite-size chunks
1 **orange**, cut into thin segments with the skin on
1 tablespoon **honey**
1 tablespoon **orange flower water**
sea salt and **black pepper**
small bunch of **flat leaf parsley**, finely chopped, to garnish

Melt the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the garlic, onion, ginger and chilli and cook for 2–3 minutes until just beginning to colour. Stir in the coriander seeds, cinnamon sticks and beetroot and cook for a further 2–3 minutes.

Stir in the beef and pour in enough water to almost cover the meat and beetroot. Bring to the boil, then reduce the heat, cover and simmer for 1–1½ hours until the meat is very tender.

Add the orange segments, honey and orange flower water and season with salt and pepper. Re-cover and simmer for a further 15 minutes. Season to taste and garnish with the flat leaf parsley. Serve hot with couscous or fresh crusty bread, if liked.

For beef with orange & ginger, melt the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, add the garlic and onion with 50 g (2 oz) fresh root ginger, peeled and finely chopped, and 1–2 teaspoons finely chopped dried red chilli and sauté for 2–3 minutes to let the flavours mingle. Omit the coriander seeds, cinnamon sticks and beetroot, toss in the beef chunks and continue to cook as for [Beef with beetroot & orange](#).



beef with beetroot & orange

ginger beef with sweet potatoes

Serves **4–6**

Preparation time **15 minutes**

Cooking time **about 1¼ hours**

2 tablespoons **smen** or **ghee**

40 g (1½ oz) **fresh root ginger**, peeled and finely chopped

1 **onion**, finely chopped

500 g (1 lb) **lean beef**, cut into bite-size chunks

1–2 teaspoons **ras el hanout**

2 small **sweet potatoes**, peeled and cubed

600 ml (1 pint) **beef stock** or **water**

sea salt and **black pepper**

small bunch of **coriander**, finely chopped, to garnish

Heat the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the ginger and onion and cook for 2–3 minutes to let the flavours mingle. Add the beef, stir to coat well and cook for a further 1–2 minutes, then stir in the ras el hanout.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for about 40 minutes to cook the meat and flavour the stock.

Add the sweet potatoes and top up the liquid with water, if necessary, to just cover the beef and sweet potatoes. Re-cover and cook gently for a further 25–30 minutes until they are tender. Season to taste and garnish with the coriander. Serve immediately with plain, buttery couscous, if liked.

For beef with new potatoes, peas & ras el hanout, follow the recipe as for [Ginger beef with sweet potatoes](#), replacing the sweet potatoes with 6–8 new potatoes, peeled and cut into bite-size pieces. After adding the new potatoes to the beef mixture, cook for 15–20 minutes, then toss in 250 g (8 oz) peas, re-cover and cook for a further 10 minutes. Season to taste and garnish with the coriander. Serve with couscous.



ginger beef with sweet potatoes

lamb with chestnuts

Serves **4–6**

Preparation time **20 minutes**

Cooking time **about 1 hour 35 minutes**

2 tablespoons **smen** or **ghee**

2 **onions**, finely chopped

3–4 **garlic cloves**, finely chopped

25 g (1 oz) **fresh root ginger**, peeled and finely chopped

1–2 teaspoons **cumin seeds**

1–2 **cinnamon sticks**

500 g (1 lb) **lean lamb**, cut into bite-size pieces

600 ml (1 pint) **lamb** or **chicken stock**

450 g (14½ oz) **shelled chestnuts**

1–2 tablespoons **honey**

seeds of 1 **pomegranate**, with the pith removed

To garnish

small bunch of **mint**, finely chopped

small bunch of **coriander**, finely chopped

Heat the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions, garlic, ginger and cumin seeds and cook for 2–3 minutes to let the flavours mingle. Add the cinnamon sticks, stir in the lamb and cook for a further 1–2 minutes.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for about 1 hour to cook the lamb and flavour the stock.

Add the chestnuts and honey, topping up the liquid if necessary to just cover the lamb and chestnuts. Re-cover and cook gently for a further 20–25 minutes until the chestnuts are tender.

Stir in most of the pomegranate seeds, season to taste and cook, covered, for 5 minutes. Garnish with the mint and coriander and the remaining pomegranate seeds. Serve with couscous, if liked.

For lamb with chestnuts & pomegranate syrup, make as for [Lamb with chestnuts](#), replacing the honey with 2 tablespoons pomegranate syrup. Omit the pomegranate seeds and stir some of the chopped mint and coriander into the tagine for the last 5 minutes of the cooking time.



lamb with chestnuts

lamb with dates & pistachios

Serves **4–6**

Preparation time **15 minutes**

Cooking time **about 1 hour 25 minutes**

1–2 tablespoons **smen** or **ghee**
2 **onions**, finely chopped
2 **garlic cloves**, finely chopped
700 g (1½ lb) **lean lamb**, cut into bite-size chunks
2 teaspoons **ground turmeric**
2 teaspoons **ground cinnamon**
1 teaspoon **ras el hanout**
250 g (8 oz), **ready-to-eat pitted dates**
1 tablespoon **honey**
1 tablespoon **olive oil**
25 g (1 oz) **butter**
2 tablespoons **shelled pistachios**
sea salt and **black pepper**
small bunch of **flat leaf parsley**, finely chopped, to garnish

Heat the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions and garlic and cook for 2–3 minutes to soften them. Add the lamb and stir to coat well, then add the turmeric, cinnamon and ras el hanout.

Pour in enough water to almost cover the meat and bring it to the boil. Reduce the heat, cover and cook gently for 1 hour. Add the dates and stir in the honey, season with sea salt and black pepper then re-cover and cook gently for a further 20 minutes.

Heat the oil with the butter in a small, heavy-based frying pan over a medium heat, toss in the pistachios and cook for 1–2 minutes until they are lightly browned.

Scatter the pistachios over the lamb, garnish with the flat leaf parsley and serve immediately.

For lamb with dates & preserved lemon, follow the recipe for [Lamb with dates & pistachios](#) but omit the almonds and pistachios. Finely slice the rind of 1 preserved lemon, adding half of it with the dates and honey and garnishing the tagine with the remaining preserved lemon rind and the parsley.



lamb with dates & pistachios

lamb tfaia with almonds & eggs

Serves **4**

Preparation time **5 minutes**

Cooking time **about 1 hour 25 minutes**

1–2 tablespoons **smen** or **ghee**

2 **garlic cloves**, crushed

1 teaspoon **ground ginger**

1 teaspoon **ground coriander**

1 teaspoon **saffron threads**, ground, using a mortar and pestle, with a pinch of **sea salt**

4–6 **lamb cutlets**

2 **onions**, finely chopped

finely sliced rind of 1 **preserved lemon**

To garnish

4 eggs

½ teaspoon **ground saffron**

1 tablespoon **olive oil**

knob of **butter**

2 tablespoons **blanched almonds**

Melt the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the garlic, ginger, coriander and ground saffron. Add the lamb cutlets and sprinkle over the onions. Pour in just enough water to cover the meat, bring to the boil, then reduce the heat, cover and cook gently for 1 hour.

Stir in the preserved lemon rind and season with salt and pepper. Continue to cook gently, covered, for about 20 minutes to let the flavours mingle.

Meanwhile, prepare the garnish. Boil the eggs in a saucepan of boiling water for about 4 minutes so that the yolks are just firm. Drain, allow the eggs to cool slightly, then shell them. Dissolve the ground saffron with 2 tablespoons of warm water in a small bowl and roll the boiled eggs in the yellow liquid to colour them. Cut the eggs in half lengthways and set aside.

Heat the oil and butter in a small frying pan over a medium heat, stir in the almonds and cook for 2–3 minutes until golden brown.

Scatter the almonds over the tagine and arrange the halved eggs around the edge. Serve immediately with crusty bread and a leafy salad, if liked.

For lamb tfaia with olives, follow the method as for [Lamb tfaia with almonds & eggs](#) cooking the cutlets. Replace the preserved lemon rind with 175 g (6 oz) pitted Kalamata olives and omit the garnish of eggs and almonds. Scatter a small bunch of finely chopped parsley over the tagine and serve with chunks of crusty bread.



lamb tfaia with almonds & eggs

meatball & egg tagine with cumin

Serves **4**

Preparation time **10 minutes**

Cooking time **about 25 minutes**

600 ml (1 pint) **water**

15 g (½ oz) **butter**

1 teaspoon **salt**

½ teaspoon **cayenne powder**

4 **eggs**

1–2 teaspoons **cumin seeds**

small bunch of **flat leaf parsley**, finely chopped, to garnish

Meatballs

225 g (7½ oz) **lean minced lamb**

1 **onion**, finely chopped

1–2 teaspoons **dried mint**

1–2 teaspoons **ground cinnamon**

1–2 teaspoons **ras el hanout**

sea salt and **black pepper**

Make the meatballs. Mix together all the ingredients in a bowl and season. Knead the mixture well, then roll cherry-sized pieces into firm balls.

Pour the measurement water into the base of a tagine or a large, heavy-based saucepan and bring to the boil. Add the meatballs, a few at a time, reducing the heat to a gentle boil, and poach the meatballs for 10 minutes, turning occasionally, until cooked through. Remove with a slotted spoon and drain on kitchen paper.

Pour about 125 ml (4 fl oz) of the cooking liquid into the base of a tagine or a large, heavy-based saucepan and bring to the boil. Stir in the butter, salt and cayenne, then add the poached meatballs. Make 4 wells, then break the eggs into the wells, cover and cook for 5–6 minutes, reducing the heat slightly, until the whites are just set but the yolks are still runny.

Meanwhile, dry-fry the cumin seeds in a small, heavy-based frying pan over a medium heat for 1–2 minutes until they emit a nutty aroma. Tip into a spice grinder and grind over the eggs. Garnish with the parsley and serve immediately, with buttered toasted flatbreads, if liked.

For eggs with toasted cumin, heat 1 tablespoon ghee in the base of a tagine or a large, heavy-based, frying pan over a medium heat, break in 6–8 eggs and sprinkle over a little paprika and salt. Cover and cook gently until the whites are firm. Meanwhile, dry-fry 1–2 teaspoons cumin seeds as for [Meatball & egg tagine with cumin](#). Place in a spice grinder and grind over the eggs. Serve with buttered toasted flatbreads.



meatball & egg tagine with cumin

baked lamb with quinces

Serves **4–6**

Preparation time **20 minutes**, plus marinating

Cooking time **1 hour 45 minutes**

shoulder of lamb on the bone, about 1.25 kg (2½ lb)

2 tablespoons **olive oil**

1–2 **onions**, cut into wedges

300 ml (½ pint) **water**

40g (1½ oz) **butter**

2 **small quinces**, quartered and cored

1–2 tablespoons **honey**

bunch of **flat leaf parsley**, finely chopped, to garnish

1 **lemon**, cut into wedges, to serve

Marinade

4 **garlic cloves**, chopped

40 g (1½ oz) **fresh root ginger**, peeled and chopped

1 **red chilli**, chopped

1 teaspoon **sea salt**

handful of chopped **coriander**

handful of chopped **parsley**

2 teaspoons **ground coriander**

2–3 teaspoons **ground cumin**

3 tablespoons **olive oil**

2 tablespoons **honey**

juice of 1 **lemon**

Prepare the marinade by pounding the garlic, ginger and chilli with the salt in a mortar with a pestle to form a coarse paste. Add the coriander and parsley and continue to pound to a paste. Beat in the cumin, ground coriander, olive oil, honey and lemon juice.

Cut small incisions in the shoulder of lamb with a sharp knife and rub the marinade all over the meat, making sure it goes into the incisions. Cover and marinate in the refrigerator for at least 6 hours or overnight.

Place the shoulder of lamb in the base of a tagine and pour over the olive oil. Scatter the onion wedges around lamb and pour over the measurement water. Cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 1 hour 20 minutes.

Melt the butter in a heavy-based frying pan over a medium heat, add the quinces and stir to coat well, then sauté for 3–4 minutes, depending on size, until golden brown.

Remove the tagine from the oven. Arrange the quinces around the lamb and drizzle the honey over the quinces. Re-cover, return to the oven and cook for 15 minutes, then remove the lid and cook for a further 10 minutes. Scatter the chopped parsley over the top of the lamb and serve with lemon wedges.



baked lamb with quinces

spicy beef & sun-dried tomatoes

Serves **4**

Preparation time **8 minutes**

Cooking time **2 minutes**

2 tablespoons **pine nuts**

250 g (8 oz) **ready-cooked lean beef**, cut into thin strips

150 g (5 oz) **sun-dried tomatoes in oil**, drained and cut into strips

2–3 tablespoons **olive** or **argan oil**

juice of 1 **lemon**

1 teaspoon **harissa paste**

bunch of **flat leaf parsley**, chopped

salt and **pepper**

Dry-fry the pine nuts in a small, heavy-based frying pan over a medium heat for 2 minutes until golden brown.

Put the beef, tomatoes and most of the toasted pine nuts in a bowl. Mix together the oil, lemon juice, harissa and parsley in a separate bowl and season. Pour over the beef and toss well.

Scatter with the reserved pine nuts and serve with couscous, if liked.

For beef, aubergine & sun-dried tomato tagine, cut 1 aubergine into bite-sized pieces, place in a colander and sprinkle with salt. Meanwhile, heat 2–3 tablespoons argan oil or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in 2 finely chopped onions, 4 finely chopped garlic cloves, 1–2 deseeded and finely chopped red chillies, 25 g (1 oz) fresh root ginger, peeled and finely chopped, and 2 teaspoons coriander seeds and cook for 2–3 minutes to let the flavours mingle. Add 1 tablespoon crumbled dried sage leaves and 450 g (14½ oz) lean beef, cut into bite-sized pieces, and stir well to coat. Pour in 500 ml (17 fl oz) hot beef or chicken stock, bring to the boil, then reduce the heat, cover and simmer for 10 minutes. Rinse the aubergines and pat dry, then stir into the beef, re-cover and cook for a further 10 minutes. Add 125 g (4 oz) sun-dried tomatoes in oil, drained and roughly chopped, and 1 tablespoon runny honey. Season, re-cover and continue to cook for 5 minutes. Scatter over a finely chopped bunch of flat leaf parsley and serve with chunks of crusty bread or couscous.



spicy beef & sun-dried tomatoes

lamb, sweet potato & okra k'dra

Serves **6–8**

Preparation time **10 minutes**

Cooking time **about 30 minutes**

2 tablespoons **smen** or **ghee**
3 **onions**, finely sliced
2–3 teaspoons **coriander seeds**
2–3 **cinnamon sticks**
1 teaspoon **black peppercorns**
pinch of **saffron threads**
500 g (1 lb) **lean lamb**, cut into bite-sized pieces
1.2 litres (2 pints) **hot lamb** or **chicken stock**
2 **sweet potatoes**, peeled and cut into bite-sized pieces
15 g (½ oz) **butter**
250 g (8 oz) **fresh okra**
juice of 1 **lemon**
salt

Heat the smen or ghee in a large copper pot or heavy-based saucepan over a medium heat. Stir in the onions and cook for 1–2 minutes until they begin to soften. Add the coriander seeds, cinnamon sticks, peppercorns, saffron and lamb and mix well.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for 10 minutes. Add the sweet potatoes and butter, re-cover and cook for a further 10 minutes.

Meanwhile, place the okra in a non-metallic bowl, pour over the lemon juice and leave to stand for 10 minutes, then drain.

Add the okra to the pan and simmer for a further 5–8 minutes until cooked through but still retaining a crunch. Season with salt. Serve the lamb and vegetables with couscous, if liked, pouring the sauce into a bowl to serve separately.

For buttered okra with preserved lemon, place 450 g (14½ oz) okra in a non-metallic bowl, pour over the juice of 2 lemons and leave to stand for 3–4 minutes, then drain well. Heat 2 tablespoons olive oil in the base of a tagine or a large, heavy-based frying pan over a medium heat, add the okra and cook for 4–5 minutes until it is tender. Stir in the sliced rind of 1 **preserved lemon** and season. Pour over 1 tablespoon melted butter and serve with plain, buttery couscous.



lamb, sweet potato & okra k'dra

beef with prunes & star anise

Serves **4**

Preparation time **10 minutes**, plus soaking

Cooking time **2 hours 30 minutes**

500 g (1 lb) **lean beef**, cut into bite-size cubes

4 **garlic cloves**, smashed in their skins

2 **dried red chillies**

2–3 **star anise**

600 ml (1 pint) **beef stock**

25 g (1 oz) **butter**

1–2 tablespoons **honey**

175 g (6 oz) **ready-to-eat pitted prunes**, soaked in water for 3–4 hours

sea salt and **black pepper**

small bunch of **flat leaf parsley**, finely chopped, to garnish

Place the beef in the base of a tagine or a large, heavy-based saucepan with the garlic, chillies and star anise. Pour in the stock and bring to the boil. Reduce the heat, cover and cook gently for 2 hours.

Season the stock with salt and pepper and stir in the butter and honey. Drain the prunes and add them to the tagine. Re-cover and cook gently for a further 30 minutes to let the flavours mingle. Garnish with the parsley and serve with couscous or chunks of crusty bread, if liked.

For beef with plums & cardamom, replace the star anise with 6 cardamom pods and cook the beef in the stock as for [Beef with prunes & star anise](#). Season to taste, stir in the butter and honey and cook for a further 15 minutes. Halve and stone 6 firm, fresh plums, add them to the tagine, and cook gently for 10 minutes. Garnish with a small bunch of finely chopped coriander.



beef with prunes & star anise

lamb chop k'dra

Serves **6–8**

Preparation time **5 minutes**

Cooking time **1 hour 40 minutes**

1 kg (2 lb) **lamb chops**

40 g (1½ oz) **fresh root ginger**, peeled and finely chopped

bunch of **flat leaf parsley**, trimmed and coarsely chopped

pinch of **saffron threads**

700 g (1½ lb) **Jerusalem artichokes**, peeled and cut into bite-size pieces (keep soaked in cold water with a teaspoon vinegar until ready to use)

finely chopped **rind of 1 preserved lemon**

sea salt and **black pepper**

Place the lamb chops in a large copper pot or heavy-based saucepan and add the ginger, parsley and saffron. Pour in enough water to cover the meat and bring to the boil. Reduce the heat, cover and cook gently for about 1 hour until the meat is cooked and tender.

Drain the artichokes and add them to the pot or saucepan. Top up the cooking liquid if necessary to just cover the meat and artichokes and season with salt and pepper. Re-cover and cook gently for a further 30 minutes until they are tender.

Stir in most of the pickled lemon, season well with salt and pepper and garnish with the remaining pickled lemon. Serve with couscous, if liked.

For lamb with parsley & pickled lemon, heat 1–2 tablespoons smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in 2 finely chopped garlic cloves and cook for 1 minute. Toss in 500 g (1 lb) lean lamb, cut into bite-size pieces, with a small bunch of finely chopped parsley, the juice of 1 lemon and enough water to cover the meat. Bring the water to the boil, then reduce the heat, cover and cook gently for 1 hour. Season the cooking liquid and stir in the finely chopped rind of 1 pickled lemon. Re-cover and cook gently for a further 20 minutes to let the flavours mingle.



lamb chop k'dra

fennel-roasted lamb fillet with figs

Serves **4**

Preparation time **5 minutes**

Cooking time **25 minutes**

3 **garlic cloves**, chopped
25 g (1 oz) **fresh root ginger**, peeled and chopped
1 **red chilli**, deseeded and chopped
1 teaspoon **sea salt**
1 teaspoon **ground coriander**
1 teaspoon **ground cumin**
2 tablespoons **smen**, **ghee** or softened butter
2 teaspoons **fennel seeds**
700 g (1½ lb) **lean lamb fillet** or **loin**
4 **fresh figs**, halved or quartered
2 tablespoons **runny honey**
salt and **pepper**
small bunch of **coriander**, finely chopped, to garnish

Using a pestle and mortar, pound the garlic, ginger, chilli and salt to form a coarse paste, then add the ground spices. Transfer the paste to a small bowl and beat in the smen, ghee or butter and the fennel seeds.

Cut small incisions in the lamb and rub the mixture all over the meat, pressing it into the incisions. Place the lamb in a roasting tin and roast in a preheated oven, 200°C (400°F), Gas Mark 6, for 15 minutes.

Baste the lamb with the cooking juices, arrange the figs around it and drizzle with honey. Season, then return to the oven and cook for a further 10 minutes until cooked through. Garnish with the chopped coriander and serve thickly sliced, with couscous, if liked.

For roasted fennel & honey figs, cut 8 fresh figs into quarters, keeping the bases intact, and place in an ovenproof dish. Dab a little smen or butter into each one, scatter over 1 teaspoon fennel seeds and drizzle with 1–2 tablespoons runny honey. Place in a preheated oven, 200°C (400°F), Gas Mark 6, for 8 minutes until softened and the honey has melted. Serve with grilled and roasted meats.



fennel-roasted lamb fillet with figs

chicken,
duck, pigeon
& rabbit



chicken, duck, pigeon & rabbit

chicken & green olive tagine

spicy chicken with apricots

chicken with artichokes & grapes

roasted duck legs with quince

chicken, turnip & chickpea k'dra

spicy pigeons with olives

duck with cherries & cinnamon

chicken with mallow leaves

rabbit with chillies & aubergines

pigeon with prunes & honey

duck with raisins & pickled lemons

chicken with courgettes & mint

rabbit mrouzia

baked chicken with saffron

chicken & green olive tagine

Serves **4**

Preparation time **5 minutes**

Cooking time **about 30 minutes**

1–2 tablespoons **olive** or **argan oil**

2 **garlic cloves**, finely chopped

1 **onion**, finely chopped

1 teaspoon **coriander seeds**

1 teaspoon **cumin seeds**

8 **chicken thighs**

juice of 1 **lemon**

pinch of **saffron threads**

2 **cinnamon sticks**

25 g (1 oz) **butter**

finely sliced rind of 1 **preserved lemon**

175 g (6 oz) **cracked green olives**

salt and **pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the garlic, onion and coriander and cumin seeds and cook for 1–2 minutes to allow the flavours to mingle. Add the chicken thighs and lightly brown on each side.

Pour in the lemon juice and enough water to just cover the chicken. Stir in the saffron, cinnamon sticks and butter and bring to the boil, then reduce the heat, cover and simmer for 15 minutes. Add the preserved lemon rind and olives, re-cover and simmer for a further 10 minutes. Season to taste and serve hot with the couscous, if liked.

For spicy chicken & preserved lemon pittas, heat 2 tablespoons olive oil and a knob of butter in a frying pan or tagine, stir in 2 crushed garlic cloves and cook for 1 minute, then stir in 1–2 teaspoons harissa paste and 250–350 g (8–11½ oz) ready-cooked chicken, cut into strips and tossed with 2 teaspoons turmeric. Heat through, then add 1 tablespoon chopped **preserved lemon rind** and 1 tablespoon chopped coriander. Season and spoon into 4 pitta breads. Serve with dollops of natural yogurt and a sprinkling of chopped flat leaf parsley.



chicken & green olive tagine

spicy chicken with apricots

Serves **4**

Preparation time **5 minutes**

Cooking time **about 1 hour**

2 tablespoons **olive oil**

knob of **butter**

1 **onion**, finely chopped

40 g (1½ oz) **fresh root ginger**, peeled and finely chopped

1–2 **cinnamon sticks**

8 skinless **chicken thighs**

175 g (6 oz) **ready-to-eat dried apricots**

1–2 teaspoons **harissa paste**

2 tablespoons **honey**

1 x 400 g (13 oz) **can chopped tomatoes**

salt and **pepper**

small bunch of **coriander**, finely chopped, to garnish

Heat the oil with the butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, ginger and cinnamon sticks and cook for 2–3 minutes to allow the flavours to mingle. Add the chicken thighs and stir to coat well, then cook for 1–2 minutes. Toss in the apricots.

Pour in enough water to cover the base of the tagine or saucepan, bring to the boil, then reduce the heat before covering and cooking gently for 15 minutes.

Beat the harissa, honey and chopped tomatoes together in a bowl, season with salt and pepper and tip the mixture into the tagine or saucepan. Re-cover and cook gently for a further 40 minutes to let the flavours mingle. Scatter the coriander over the top and serve with chunks of crusty bread and a salad, if liked.

For spicy chicken with rosemary & ginger, heat the 2 tablespoons oil with a knob of butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the 1 finely chopped onion, 40 g (1½ oz) fresh root ginger, peeled and finely chopped and 1 tablespoon finely chopped rosemary and cook for 2–3 minutes to allow the flavours to mingle. Add 8 skinless chicken thighs and stir to coat well, then stir in 1 teaspoon harissa paste and pour in 600 ml (1 pint) water. Bring to the boil, then reduce the heat, cover and cook gently for 1 hour. Season with salt and pepper and serve with couscous.



spicy chicken with apricots

chicken with artichokes & grapes

Serves **4**

Preparation time **5 minutes**, plus marinating

Cooking time **about 50 minutes**

3 **chicken breasts**, cut into bite-size chunks

2 tablespoons **olive oil**

1 **onion**, finely chopped

finely sliced rind of 1 **preserved lemon**

1 teaspoon **sugar**

1–2 teaspoons **harissa paste**

2 teaspoons **tomato paste**

450 ml ($\frac{3}{4}$ pint) **chicken stock** or **water**

1 x 390 g (12½ oz) **can artichoke hearts**, drained, rinsed and halved

200 g (7 oz) **green grapes**, halved lengthways

bunch of **coriander**, finely chopped

sea salt and **black pepper**

Marinade

2 **garlic cloves**, crushed

1 teaspoon **ground turmeric**

juice of 1 **lemon**

1 tablespoon **olive oil**

Mix together the ingredients for the marinade in a bowl and toss in the chicken. Cover with clingfilm and marinate in the refrigerator for 2 hours.

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, preserved lemon rind and sugar and cook for 2–3 minutes to let the flavours mingle. Stir in the chicken and cook for a further 1–2 minutes.

Add the harissa and tomato pastes and pour in the stock or water. Bring to the boil, then reduce the heat, cover and cook gently for 30 minutes. Add the artichoke hearts, re-cover and cook for a further 10 minutes.

Stir in the grapes and some of the coriander and cook, uncovered, for 4–5 minutes, then season with salt and pepper. Garnish with the remaining coriander and serve with couscous, if liked.

For chicken with artichokes, olives & capers, marinate and cook the chicken as for [Chicken with artichokes & grapes](#), adding 2 tablespoons pitted green or black olives with the artichokes. Omit the grapes and toss in 2 teaspoons preserved capers for the last 4–5 minutes of the cooking time.



chicken with artichokes & grapes

roasted duck legs with quince

Serves **4**

Preparation time **5 minutes**

Cooking time **30 minutes**

4 duck legs

3 tablespoons olive oil

25 g (1 oz) butter

25 g (1 oz) fresh root ginger, peeled and finely chopped

1 large quince, cut into 8 segments

juice of **1 lemon**

2 tablespoons runny honey

2 teaspoons ground cinnamon

salt and pepper

small bunch of **coriander**, finely chopped, to garnish

Rub the duck legs with 2 tablespoons of the oil, season and place in a roasting tin. Place in a preheated oven, 200°C (400°F), Gas Mark 6, for 20 minutes.

Meanwhile, heat the remaining oil and the butter in a heavy-based frying pan over a medium heat, stir in the ginger and cook for 1 minute. Add the quince segments and cook for 2–3 minutes on each side until golden brown. Turn off the heat and pour over the lemon juice.

Pour off any excess fat from the duck legs and arrange the pieces of quince around them. Drizzle the honey over the duck and quince and sprinkle over the cinnamon. Return to the oven and cook for a further 10 minutes until the duck legs are cooked through. Garnish with the coriander and serve with couscous, if liked.

For chargrilled honey & sesame duck skewers, thread 175 g (6 oz) skinless duck breast fillets, cut into thin strips, onto 4 large or 8 small metal skewers. Sprinkle with a little salt and cook over a barbecue or under a preheated grill for 2–3 minutes on each side until just cooked through. Place on a plate and drizzle with 2 tablespoons warmed honey, then roll in a bowl of toasted sesame seeds. Serve at once.



roasted duck legs with quince

chicken, turnip & chickpea k'dra

Serves **6–8**

Preparation time **5 minutes**

Cooking time **27 minutes**

2–3 tablespoons **smen** or **ghee**
4 **onions**, finely chopped
2 teaspoons **cumin seeds**
2–3 **cinnamon sticks**
pinch of **saffron threads**
12 **chicken thighs**, skinned
1 x 450 g (14½ oz) **can chickpeas**, rinsed and drained
1.2 litres (2 pints) **hot chicken stock**
450 g (14½ oz) **peeled turnips**, cut into bite-sized chunks
2 tablespoons **sultanas**
1 teaspoon **sea salt**
1 teaspoon **black pepper**
½ tablespoon **butter**
bunch of **flat leaf parsley**, finely chopped

Heat the smen or ghee in a large copper pot or heavy-based saucepan over a medium heat, stir in the onions, cumin seeds, cinnamon sticks and saffron and cook for 1–2 minutes to let the flavours mingle. Add the chicken and stir to coat well, then add the chickpeas.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook over a medium heat for 15 minutes.

Add the turnips and sultanas, re-cover and cook over a medium heat for a further 10 minutes until the chicken is cooked through. Season with the salt and pepper and stir in the butter and parsley. Serve the chicken, chickpeas and turnip with couscous, if liked, pouring the sauce into a bowl to serve separately.

For saffron onions & sultanas, heat 1–2 tablespoons smen or ghee in the base of a tagine or a large, heavy-based saucepan, stir in 3–4 finely sliced or chopped onions and cook for 1–2 minutes to soften. Add 2 tablespoons sultanas and a pinch of saffron threads, cover and cook gently for 8 minutes. Season with a little salt and serve the onion mixture as a side dish with k'dras or couscous.



chicken, turnip & chickpea k'dra

spicy pigeons with olives

Serves **2**

Preparation time **5 minutes**

Cooking time **about 1 hour 20 minutes**

1 tablespoon **tomato paste**

1 teaspoon **sugar**

1 teaspoon **paprika**

1 teaspoon **ground cinnamon**

1 teaspoon **ground cumin**

1 teaspoon **ground coriander**

1–2 tablespoons **smen** or **ghee**

2 **fresh wood pigeons**, prepared by a butcher, cleaned and left whole

4 **bay leaves**

4 **cloves**

juice of 1 **lemon**

300 ml ($\frac{1}{2}$ pint) **water**

8–10 **cracked green olives**

sea salt and **black pepper**

Mix together the tomato paste with the sugar and spices in a small bowl and set aside.

Melt the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat. Place the pigeons, breast-side down, in the tagine or saucepan and cook for 2–3 minutes until the breasts are lightly brown. Transfer the pigeons to a plate.

Add the spicy tomato paste, bay leaves, cloves, lemon juice and measurement water to the tagine or saucepan and stir to mix well. Return the pigeons to the tagine or saucepan, cover and cook gently for about 1 hour, turning the pigeons in the sauce from time to time until they are tender.

Add the olives and cook gently for a further 15 minutes. Season with salt and pepper and serve hot with chunks of bread to mop up the sauce, if liked.

For spicy quails with olives, brown and cook 2–4 oven-ready quails in the same way as for the pigeons in the recipe for [Spicy pigeons with olives](#), reducing the cooking time to 40 minutes before adding the olives together with the finely chopped rind of one [preserved lemon](#).



spicy pigeons with olives

duck with cherries & cinnamon

Serves **4**

Preparation time **20 minutes**

Cooking time **1 hour 5 minutes**

1–2 tablespoons **smen** or **ghee**

1 **onion**, finely chopped

2–3 **garlic cloves**, finely chopped

2 teaspoons **coriander seeds**

3–4 **cinnamon sticks**

3 **duck breasts**, cut into bite-size chunks

juice of 1 **lemon**

225 g (7½ oz) **fresh sour cherries**, pitted

1–2 tablespoons **honey**

sea salt and **black pepper**

To garnish

small bunch of **flat leaf parsley**

small bunch of **mint**

Melt the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic, coriander seeds and cinnamon sticks and cook for 2–3 minutes to let the flavours mingle. Add the duck breasts and stir to coat well.

Pour in the lemon juice and just enough water to cover the duck. Bring to the boil, then reduce the heat before covering and cook gently for 40 minutes.

Stir in the cherries and honey and cook gently for a further 20 minutes. Season with salt and pepper, garnish with the parsley and mint, and serve the tagine with couscous, if liked.

For pheasant with cranberries & cinnamon, ask your butcher to prepare 2 pheasant, to give you 4 breasts. Cook the pheasant in the same way as the duck in the recipe for [Duck with cherries & cinnamon](#), replacing the sour cherries with 200 g (7 oz) fresh cranberries. Garnish with a small bunch of finely chopped parsley or coriander.



duck with cherries & cinnamon

chicken with mallow leaves

Serves **4–6**

Preparation time **10 minutes**

Cooking time **about 1 hour 20 minutes**

1 **small chicken**, about 1.25–1.5 kg (2½–3 lb)

1 **onion**, quartered

2 **carrots**, peeled and thickly sliced

4 **garlic cloves**, smashed in their skins

4 **cloves**

4 **cardamom pods**

6 **black peppercorns**

200 g (7 oz) **dried mallow leaves**

sea salt

Place the chicken in the base of a large tagine or heavy-based saucepan and add the onion, carrots, garlic, cloves, cardamom pods and peppercorns. Pour in just enough water to come up the sides of the tagine base to halfway up the chicken and bring to the boil, then reduce the heat, cover and cook gently for 40 minutes, turning the chicken in the stock once or twice during this time.

Meanwhile, use your hands to crush the dried mallow and place them in a heatproof bowl. Pour over just enough boiling water to cover and leave to stand for 30 minutes.

Drain the mallow leaves and add them to the tagine or saucepan. Re-cover and cook gently for a further 30 minutes.

Lift the chicken out of the tagine or saucepan and set on a chopping board. Using a sharp knife, remove the skin and cut the chicken into joints.

Season the cooking liquid and return the chicken joints to the tagine or saucepan. Toss the chicken joints gently in the cooking liquid for 2–3 minutes to heat through. Serve with chunks of bread or couscous, if liked.

For chicken with spinach, cook the chicken with the onion, carrots, garlic and spices for 1 hour as for [Chicken with mallow leaves](#). Add 250 g (8 oz) fresh spinach leaves to the tagine instead of the mallow leaves and cook for a further 10 minutes so that the spinach wilts. Stir the spinach into the cooking liquid when you remove and joint the chicken, then return the chicken joints to the pan as for [Chicken with mallow leaves](#). Serve the tagine with chunks of bread.



chicken with mallow leaves

rabbit with chillies & aubergines

Serves **2-4**

Preparation time **20 minutes**

Cooking time **about 1 hour 10 minutes**

1–2 tablespoons **smen** or **ghee**
1 **onion**, halved and sliced
2–3 **garlic cloves**, chopped
2 teaspoons finely chopped **dried red chillies**
2 teaspoons **coriander seeds**
1 teaspoon **cumin seeds**
1 **rabbit**, about 1.25–1.5 kg (2½–3 lb), cleaned and jointed
300 ml (½ pint) **water**
1 x 400 g (13 oz) **can chopped tomatoes**
1–2 teaspoons **sugar**
small bunch of **coriander**, finely chopped
1 **aubergine**, diced
sea salt and **black pepper**

Heat the smen or ghee in the base of a large tagine or heavy-based saucepan over a medium heat, stir in the onion, garlic, chillies and coriander and cumin seeds and cook for 2–3 minutes to let the flavours mingle. Add the rabbit joints, stir to coat well and cook for a further 1–2 minutes.

Pour in the measurement water and add the chopped tomatoes, sugar and most of the coriander. Bring to the boil, then reduce the heat, cover and cook gently for 45 minutes.

Add the aubergine, re-cover and cook gently for a further 15–20 minutes until the aubergine is soft and has absorbed the flavours. Season to taste with salt and pepper. Garnish with the remaining coriander and serve with chunks of fresh crusty bread, if liked.

For rabbit with cherry tomatoes, follow the recipe as for [Rabbit with chillies & aubergines](#), tossing the rabbit joints in the onion, garlic, chillies and spices. Pour in enough water to just cover the rabbit, bring to the boil, then reduce the heat, cover and cook gently for 50 minutes. Season, stir in 2 teaspoons honey and toss in 8–10 cherry tomatoes with a bunch of finely chopped coriander. Re-cover and cook gently for 10–15 minutes until the tomatoes are soft. Serve with couscous.



rabbit with chillies & aubergines

pigeon with prunes & honey

Serves **3–4**

Preparation time **10 minutes**

Cooking time **25–30 minutes**

2 tablespoons **olive oil**
2 **garlic cloves**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and finely chopped
2 **cinnamon sticks**
6–8 **wood pigeon breasts**
pinch of **saffron threads**
175 g (6 oz) **ready-to-eat pitted prunes**
300 ml (½ pint) **water**
1 tablespoon **honey**
25 g (1 oz) **butter**
sea salt and **black pepper**
1 teaspoon **icing sugar**, for dusting
1 teaspoon **ground cinnamon**, for dusting

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the garlic, ginger and cinnamon sticks and cook for 2–3 minutes to let the flavours mingle. Add the pigeon breasts and quickly sear them on all sides, then transfer to a chopping board and cut them into thick strips. Cover and set aside.

Stir the saffron and prunes into the tagine or saucepan and pour in the measurement water. Add the honey and butter. Bring to the boil, then reduce the heat, cover and cook gently for 15–20 minutes. Season to taste with salt and pepper.

Return the pigeon strips to the tagine or saucepan and cook gently for 4–5 minutes to heat through. Dust with icing sugar and cinnamon and serve with chunks of crusty bread, if liked.

For chicken livers with prunes & honey, replace the pigeon breasts with 225 g (7½ oz) trimmed chicken livers. Sear the chicken livers in the oil with the garlic and ginger as for [Pigeon with prunes & honey](#), omitting the cinnamon sticks, then transfer the chicken livers to a plate and set aside. Proceed with the recipe as for [Pigeon with prunes & honey](#), returning the chicken livers to the tagine or saucepan for the last 5 minutes of cooking time. Omit the ground cinnamon and icing sugar and garnish with a bunch of finely chopped flat leaf parsley.



pigeon with prunes & honey

duck with raisins & pickled lemons

Serves **4**

Preparation time **15 minutes**

Cooking time **1 hour**

4 duck legs

2 teaspoons ras el hanout

40 g (1½ oz) fresh root ginger, peeled and grated

1 onion, grated

pinch **dried sage leaves**, crumbled

juice of **1 lemon**

2–3 tablespoons raisins

finely sliced rind of **1 pickled lemon**

seeds of **½ pomegranate**

bunch of **flat leaf parsley**, finely chopped

sea salt and **black pepper**

Rub the duck legs with the ras el hanout and place them in the base of a large tagine or heavy-based saucepan. Add the ginger, onion and dried sage and pour in the lemon juice and enough water to come halfway up the duck. Bring to the boil, then reduce the heat, cover and cook gently for 40 minutes.

Stir in the raisins and the pickled lemon rind, re-cover and cook gently for a further 20 minutes to let the flavours mingle. Season to taste with salt and pepper. Toss in most of the pomegranate seeds and some of the parsley. Garnish with the remaining pomegranate seeds and parsley and serve with couscous, if liked.

For quails with pickled lemons & pomegranate seeds, place 4 oven-ready quails in the base of a tagine or large, heavy-based saucepan and rub them with 2 teaspoons ras el hanout. Scatter over 40 g (1½ oz) fresh root ginger, peeled and grated, and 1 grated onion and pour in the juice of 1 lemon and enough water to just cover the quail. Bring to the boil, then reduce the heat, cover, and cook gently for 30 minutes. Season with salt and pepper, add the finely sliced rind of 1 pickled lemon and most of the seeds from ½ pomegranate and cook, covered, for a further 10 minutes. Garnish with the remaining pomegranate seeds and serve with chunks of crusty bread.



duck with raisins & pickled lemons

chicken with courgettes & mint

Serves **4**

Preparation time **20 minutes**

Cooking time **about 1 hour**

8 **small shallots**, peeled
8 **garlic cloves**, peeled
3 **chicken breasts**, cut into bite-size chunks
1 teaspoon **fennel seeds**
1 teaspoon **cumin seeds**
1 teaspoon **dried mint**
1 tablespoon **olive oil**
3–4 tablespoons **white wine** or **cider vinegar**
2 **courgettes**, cut into bite-size chunks
sea salt and **black pepper**
bunch of **mint**, finely chopped, to garnish

Place the shallots, garlic and chicken breasts in the base of a tagine or a large, heavy-based saucepan and scatter over the fennel and cumin seeds and dried mint. Pour in just enough water to cover the chicken and drizzle in the oil. Bring to the boil, then reduce the heat, cover and cook gently for 40 minutes.

Stir in the vinegar and courgettes and season with salt and pepper. Re-cover and cook gently for a further 15–20 minutes until the courgettes are tender and the flavours have mingled. Garnish with the fresh mint and serve with couscous, if liked.

For chicken with mint and lemon, place 8 skinless chicken thighs in the base of a tagine or large, heavy-based saucepan with 4 sliced shallots and 4 finely chopped garlic cloves. Add 1 teaspoon each of fennel seeds, cumin seeds and dried mint. Combine the juice of 1 lemon with 2 tablespoons olive oil and 100 ml (3½ fl oz) water and pour over the chicken. Bring to the boil, then reduce the heat, cover and cook gently for 30 minutes. Cut 1 lemon into thin segments and tuck them between the chicken thighs. Re-cover and cook gently for a further 30 minutes to let the flavours mingle. Season to taste with salt and pepper. Garnish with the fresh mint and serve with couscous.



chicken with courgettes & mint

rabbit mrouzia

Serves **2**

Preparation time **20 minutes**

Cooking time **1 hour**

1 medium-sized **rabbit**, cleaned and cut into joints

2 teaspoons **ras el hanout**

125 g (4 oz) **butter**, cut into small pieces

2 **onions**, grated

150 g (5 oz) **blanched almonds**

150 g (5 oz) **sultanas**

2 tablespoons **honey**

sea salt and **black pepper**

scant teaspoon **ground cinnamon**, for dusting

Place the rabbit in the base of a tagine or a large, heavy-based saucepan. Rub the ras el hanout over the rabbit. Add the butter, grated onions and almonds and pour in enough water to cover the rabbit. Bring to the boil, then reduce the heat, cover and cook gently for 40 minutes.

Using a slotted spoon, remove the rabbit pieces and set aside on a plate. Stir the sultanas and honey into the cooking liquid, season with salt and pepper and cook over a high heat for 10 minutes to reduce and thicken the sauce.

Return the rabbit pieces to the tagine or saucepan, stir to coat well and cook over a medium heat for about 10 minutes until heated through. Dust with the cinnamon and serve with couscous, if liked.

For hare mrouzia, replace the rabbit with 1 cleaned and jointed hare and cook as for [Rabbit mrouzia](#), allowing an extra 15–20 minutes cooking time before adding the sultanas and honey, together with a small bunch of finely chopped sage leaves.



rabbit mrouzia

baked chicken with saffron

Serves **4–6**

Preparation time **10 minutes**

Cooking time **1 hour 15 minutes**

pinch of **saffron threads**

100 ml (3½ fl oz) **warm water**

1 **chicken** about 2 kg (4 lb 8 oz)

1 teaspoon **sea salt**

2 tablespoons **olive oil**

juice of 1 **lemon**

2 tablespoons **orange blossom water**

bunch of **flat leaf parsley**, finely chopped

bunch of **dill**, finely chopped

bunch of **mint**, finely chopped

25 g (1 oz) **butter**, cut into small pieces

Stir the saffron into the warm water in a small bowl and leave to stand for 5–10 minutes.

Place the chicken in the base of a large tagine. Rub the salt all over the chicken.

Combine the olive oil, lemon juice and orange blossom water in a bowl. Add the saffron water and stir in most of the chopped herbs, then pour the mixture over the chicken.

Cover and place the tagine in a preheated oven, 180°C (350°F), Gas Mark 4, for 1 hour, basting the chicken with the cooking juices from time to time.

Scatter the butter over the chicken, then return to the oven, uncovered, for 15 minutes until the chicken browns lightly on top. Garnish with the remaining parsley, mint, and dill and serve with couscous and a salad, if liked.

For quails baked with herbs and lemon, rub 4 oven-ready quails with salt and place them in the base of a tagine. Combine the olive oil, lemon juice and orange blossom water with the parsley dill and mint as for [Baked chicken with saffron](#), adding the finely chopped rind of 1 preserved lemon and 2 tablespoons water to the bowl. Pour the mixture over the quails, cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 30 minutes. Scatter the butter over the quails and return to the oven, uncovered, for 10–15 minutes until the quails brown lightly on top. Serve with chunks of bread to mop up the buttery juices.



baked chicken with saffron

fish & shellfish



fish & shellfish

chermoula monkfish & olive tagine

shellfish with fennel & harissa

fish with preserved lemon & mint

oven-baked red mullet

saffron & herb fish tagine

prawn, tomato & fennel tagine

fish with tamarind & potatoes

fish with leeks, sage & thyme

sardines with onions & parsley

citrusy prawns with garlic

squid & olives with red wine

fish baked with tomatoes & chillies

sea bass & aubergine

trout with harissa & puréed dates

chermoula monkfish & olive tagine

Serves **4**

Preparation time **5 minutes**

Cooking time **10–15 minutes**

700 g (1½ lb) **monkfish tail**, cut into bite-sized pieces

2 tablespoons **ready-made chermoula paste**

2 tablespoons **olive oil**

2 tablespoons **marinated black olives**, drained and pitted

50 ml (2 fl oz) **fino sherry**

salt and **pepper**

To garnish

smoked paprika

finely chopped **flat leaf parsley**

Place the monkfish tail in a bowl, rub with the chermoula and leave to marinate for 5 minutes.

Heat the oil in the base of a tagine or a large, heavy-based frying pan over a medium heat, stir in the monkfish, olives and sherry, cover and cook for 10–15 minutes until the fish is cooked through. Season, then serve sprinkled with a little paprika and parsley.

For steamed monkfish with chermoula & couscous, line a steamer with coriander leaves and place 700 g (1½ lb) monkfish tail, cut into bite-sized pieces, on top. Steam for 8–10 minutes until just cooked through and tender. Season and serve hot with a bowl of ready-made chermoula paste for dipping. Serve with a herby or spicy couscous.



chermoula monkfish & olive tagine

shellfish with fennel & harissa

Serves **4**

Preparation time **15 minutes**

Cooking time **about 10 minutes**

450 g (14½ oz) **live mussels**

2 tablespoons **olive oil**

3–4 **shallots**, finely chopped

1 **fennel bulb**, trimmed and finely sliced

1–2 teaspoon **harissa paste**

300 ml (½ pint) **water**

juice of 1 **lemon**

450 g (14½ oz) **raw prawns** in their shells, thoroughly rinsed

large bunch of **coriander**, finely chopped

sea salt and **black pepper**

Scrub the mussels in plenty of cold water. Scrape off any barnacles and beards with a knife and discard any mussels that fail to open when lightly tapped on a work surface. Rinse well, then drain.

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the shallots and fennel and cook for 2–3 minutes until they begin to soften. Stir in the harissa, pour in the measurement water and lemon juice and bring to the boil.

Add the mussels and prawns to the tagine, reduce the heat, cover and cook gently for 5–6 minutes, or until the mussels open. Discard any that remain shut. Season, stir in the coriander and serve with couscous, if liked.

For shellfish with tomato & harissa, add 1 x 400 g (13 oz) can chopped tomatoes to the tagine with the harissa paste. Stir in 1 teaspoon of sugar and 1 tablespoon of the chopped coriander, then pour in the water, omitting the lemon juice, and cook as for [Shellfish with fennel & harissa](#).



shellfish with fennel & harissa

fish with preserved lemon & mint

Serves **4**

Preparation time **20 minutes**, plus marinating

Cooking time about **25 minutes**

700 g (1½ lb) **fresh fish fillets**, such as **cod** or **haddock**, cut into large chunks

2 tablespoons **olive oil**

1 **onion**, finely chopped

2 **celery sticks**, finely chopped

finely chopped rind of 1 **preserved lemon**

300 ml (½ pint) **fish stock** or **water**

150 ml (¼ pint) **white wine** or **fino sherry**

sea salt and **black pepper**

bunch of **mint**, finely chopped

Chermoula 2–3 **garlic cloves**, chopped

1 **red chilli**, deseeded and chopped

1 teaspoon **sea salt**

small bunch of **coriander**

pinch of **saffron threads**

1–2 teaspoons **ground cumin**

3–4 tablespoons **olive oil**

juice of 1 **lemon**

Make the chermoula. Place the garlic, chilli and salt in a mortar and pound with a pestle to form a paste. Add the coriander leaves and pound to a coarse paste. Beat in the saffron, cumin, olive oil and lemon juice.

Transfer the chermoula to a large bowl, Add the fish chunks and stir to coat well. Cover with clingfilm and leave to marinate in the refrigerator for 1–2 hours.

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and celery and cook for 2–3 minutes until they begin to soften.

Stir in the preserved lemon rind and pour in the stock or water and wine or sherry. Bring to the boil, then reduce the heat, cover and simmer for 10–15 minutes. Season with salt and pepper.

Add the marinated fish and the remaining marinade to the tagine, re-cover and cook gently for a further 5 minutes until the fish is cooked through. Stir a little of the mint through the tagine and garnish with the remaining mint. Serve with plain couscous, if liked.

For prawns & scallops with preserved lemon & mint, replace the fish fillets with 400 g (13 oz) shelled scallops and 400 g (13 oz) shelled prawns. Marinate them in the chermoula for 1 hour, then follow the recipe as for [Fish with preserved lemon & mint](#), adding a little extra stock or wine if necessary to keep the fish and shellfish just covered.



fish with preserved lemon & mint

oven-baked red mullet

Serves **2**

Preparation time **15 minutes**

Cooking time **25 minutes**

2 tablespoons **olive oil**

25 g (1 oz) **butter**

2–3 **garlic cloves**, finely sliced

2 x **red mullet**, gutted and cleaned, approximately 250 g (9 oz) in total

sea salt

2 **tomatoes**, finely sliced

1 **lime**, finely sliced

small bunch of **flat leaf parsley**, finely chopped, to garnish

1 **lemon**, cut into wedges, to serve

Heat the olive oil and butter in the base of a tagine over a medium heat, stir in the garlic and cook for 1–2 minutes until it begins to colour. Place the fish in the tagine and cook for approximately 2 minutes on each side until lightly brown.

Remove the tagine from the heat, scatter a little salt over the fish and arrange the slices of tomato and lime over the top of the fish.

Cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 15 minutes. Remove the lid and bake for a further 5 minutes until the fish is cooked through. Scatter the parsley over the top and serve with wedges of lemon to squeeze over the fish.

For baked red mullet with preserved lemon, heat 2 tablespoons olive oil and 25 g (1 oz) butter in the base of a tagine over a medium heat, stir 2–3 finely sliced garlic cloves and adding 2 teaspoons coriander seeds and cook for 1–2 minutes to flavour the oil. Place the fish in the tagine and cook for approximately 2 minutes on each side until lightly brown. Remove the tagine from the heat and arrange the finely sliced rind of 2 preserved lemons over the top of the fish. Cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for about 15 minutes. Remove the lid and bake for a further 5 minutes until the fish is cooked through. Scatter 1 small bunch of finely chopped parsley over the top and serve with wedges of lemon to squeeze over the fish.



oven-baked red mullet

saffron & herb fish tagine

Serves **4**

Preparation time **5 minutes**

Cooking time **15 minutes**

pinch of **saffron threads**

300 ml (½ pint) **warm water**

1–2 tablespoons **olive oil**

finely sliced rind of 1 **preserved lemon**

500 g (1 lb) skinless, firm-fleshed **fish fillets**, such as **sea bass**, cut into chunks

small bunch of **mint**, finely chopped

salt and **pepper**

Dry-fry the saffron in a small frying pan over a medium heat for less than a minute until it emits a faint aroma. Using a pestle and mortar or spice grinder, grind to a powder, then stir in the measurement water until the saffron dissolves.

Heat the oil in the base of a tagine or a large, heavy-based saucepan. Stir in the preserved lemon rind, fish, most of the mint and the saffron water and season with salt and pepper. Bring to the boil, then reduce the heat, cover and cook gently, stirring occasionally, for 15 minutes until the fish is cooked through. Garnish with the reserved mint and serve with couscous, if liked.

For sea bass with olives, saffron & preserved lemon, heat 2 tablespoons olive oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in a pinch of saffron threads, 2 tablespoons finely sliced green olives and 1 tablespoon finely sliced **preserved lemon rind** and cook for 1–2 minutes to let the flavours mingle. Add 500 g (1 lb) skinless, firm-fleshed fish fillets, such as sea bass, cut into bite-sized pieces, and cook for a further 2–3 minutes. Season, cover and cook over a low heat for 5 minutes until the fish is just cooked through. Serve with couscous.



saffron & herb fish tagine

prawn, tomato & fennel tagine

Serves **4**

Preparation time **10 minutes**

Cooking time about **30 minutes**

2 **fennel bulbs**, trimmed and thickly sliced lengthways
3 tablespoons **olive oil**
15 g (½ oz) **butter**
2–3 teaspoons **turmeric**
1 **onion**, finely chopped
2 **garlic cloves**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and finely chopped
500 g (1 lb) **raw peeled prawns**
1 teaspoon **smoked paprika**
1 teaspoon **sugar**
400 g (13 oz) **can tomatoes**, drained of juice
small bunch of **coriander**, chopped
bunch of **flat leaf parsley**, chopped
salt and pepper

Place the fennel in a steamer basket and steam for 5–6 minutes to soften. Refresh under cold running water, drain and pat dry.

Heat 1 tablespoon of the oil and the butter in a heavy-based frying pan, add the fennel and cook for 3–4 minutes on each side until golden brown. Toss in 1–2 teaspoons of the turmeric and set aside.

Heat the remaining oil in the base of a tagine or a large, heavy-based frying pan over a medium heat, stir in the onion, garlic and ginger and cook for 1–2 minutes until beginning to colour. Add the prawns and cook for 2–3 minutes until they turn pink, then stir in the remaining turmeric and the paprika. Add the sugar, tomatoes and half the herbs. Cover and cook gently for 10 minutes.

Stir in the fennel, re-cover and cook for a further 5 minutes. Season, garnish with the remaining herbs and serve with crusty bread or couscous, if liked.

For spicy turmeric & lime prawns, heat 2 tablespoons olive oil in a frying pan or tagine over a medium heat, stir in 2 chopped garlic cloves, 1–2 deseeded and chopped chillies and 1 tablespoon chopped [preserved lemon rind](#) and cook for 1–2 minutes to let the flavours mingle. Stir in 450 g (14½ oz) raw peeled prawns and cook for 2–3 minutes. Stir in 2 teaspoons turmeric and the juice of 2 limes, heat and season. Garnish with a chopped bunch of coriander and serve with warm flatbreads or couscous.



prawn, tomato & fennel tagine

fish with tamarind & potatoes

Serves **4**

Preparation time **10 minutes**, plus soaking

Cooking time **30–40 minutes**

100 g (3½ oz) **dried tamarind pulp**
300 ml (½ pint) **warm water**
2 tablespoons **olive oil**
1 **onion**, halved and sliced
1–2 **fresh chillies**, deseeded and finely sliced
3–4 **garlic cloves**, chopped
1 teaspoon **cumin seeds**
8–10 small **new potatoes**, peeled
2 teaspoons **ground turmeric**
1 teaspoon **ground fenugreek**
1 x 400 g (13 oz) **can plum tomatoes**
1–2 teaspoons **sugar**
1 kg (2 lb) **fish steaks**, such as **sea bream** or **sea bass**
small bunch of **coriander**, coarsely chopped
sea salt and **black pepper**

Soak the tamarind pulp in a bowl with the measurement water for 20 minutes. Squeeze the tamarind pulp in your hand to separate the pulp from the seeds and stalks, then strain the pulp through a sieve. Reserve the strained pulpy liquid.

Heat the oil in the base of a tagine or heavy-based saucepan over a medium heat, stir in the onion, chilli, garlic and cumin seeds and cook for 2–3 minutes to let the flavours mingle. Toss in the potatoes and cook for a further 2–3 minutes.

Stir in the powdered spices, tomatoes and sugar and pour in the tamarind water. Bring to the boil, then reduce the heat, cover and cook gently for 15–20 minutes. Season with salt and pepper.

Place the fish steaks in the tagine or saucepan, re-cover and cook the fish gently for 15 minutes. Stir in half the coriander, garnish with the remaining coriander and serve with a salad, if liked.

For prawns with tamarind, soak and strain the tamarind as for [Fish with tamarind & potatoes](#). Heat the oil in the base of a tagine or heavy-based saucepan, stir in the onion, garlic and cumin and cook for 2–3 minutes. Toss in 700 g (1½ lb) prawns, washed and deveined, and cook for 2–3 minutes, then pour in the tamarind water. Cover and cook gently for 10 minutes to allow the flavours to mingle. Garnish with the coriander and serve.



fish with tamarind & potatoes

fish with leeks, sage & thyme

Serves **4–6**

Preparation time **20 minutes**

Cooking time about **25 minutes**

2–3 tablespoons **olive oil**

1 **onion**, finely chopped

1 **green chilli**, deseeded and finely chopped

2–3 **garlic cloves**, finely chopped

1 teaspoon **cumin seeds**

2 **leeks**, trimmed and finely chopped

a few **thyme sprigs**

small bunch of **sage**, chopped

1 x 400 g (13 oz) **can plum tomatoes**, drained of juice

600 ml (1 pint) **fish stock**

4 **fish fillets**, such as **sea bass**, **haddock** or **trout**, cut into bite-sized chunks

sea salt and **black pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, chilli, garlic and cumin seeds and cook for 2–3 minutes to let the flavours mingle. Stir in the leeks and cook for 2 minutes, then add the thyme, sage and plum tomatoes.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for 15 minutes. Season with salt and pepper, then add the fish chunks, re-cover and cook gently for a further 5–6 minutes until the fish is cooked through. Serve with couscous, if liked.

For fish with celery & sage, follow the recipe as for [Fish with leeks, sage & thyme](#), replacing the leeks with 3 trimmed and diced celery stalks and omitting the thyme.



fish with leeks, sage & thyme

sardines with onions & parsley

Serves **3–4**

Preparation time **10 minutes**

Cooking time **15 minutes**

2–3 **sardines**, about 450 g (14½ oz) each, scaled, gutted and cleaned

sea salt

bunch of **flat leaf parsley**

2 **onions**, finely sliced

4–5 **peppercorns**

1–2 tablespoons **olive oil**

400 ml (14 fl oz) **fish stock** or **wine**, or a mixture of the two

1 teaspoon **paprika**, to sprinkle

Rub the fish with salt inside and out.

Place the parsley leaves in the base of a tagine or heavy-based saucepan, put the fish on top, drizzle with the olive oil and scatter over the onions and peppercorns.

Pour in the stock or wine and bring to the boil, then reduce the heat, cover and cook gently for 15 minutes until the fish is cooked through. Sprinkle the paprika over the fish and serve with chunks of crusty bread to mop up the cooking juices, if liked.

For mussels with onions, preserved lemon & parsley, follow the recipe as for [Sardines with onions & parsley](#), replacing the sardines with approximately 900 g (2 lb) mussels, cleaned and prepared following the instructions for [Shellfish with fennel & harissa](#). Discard any mussels that have not opened by the end of the cooking time. Add the finely chopped rind of 1 preserved lemon with the onions and peppercorns and increase the liquid to 600 ml (1 pint).



sardines with onions & parsley

citrusy prawns with garlic

Serves **3–4**

Preparation time **10 minutes**

Cooking time **5–7 minutes**

2–3 tablespoons **olive oil**

2–3 **garlic cloves**, finely chopped

finely chopped rind of 1 **preserved lemon**

15–16 **fresh king prawns**, peeled to the tails and deveined

juice of 1 **lime**

small bunch of **coriander**, finely chopped

sea salt and **black pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, add the garlic and preserved lemon rind and cook for 2–3 minutes to let the flavours mingle.

Add the prawns, stir to coat well and cook for 3–4 minutes until they turn opaque. Stir in the lime juice and coriander and season with salt and pepper. Serve with couscous, if liked.

For prawns with garlic, crushed walnuts & lemon, heat the 2–3 tablespoons olive oil in the base of a tagine or a large, heavy-based saucepan. Stir in 2–3 finely chopped garlic cloves, 150 g (5 oz) crushed walnuts and 15–16 fresh king prawns, peeled to the tails and deveined, and cook for 3–4 minutes until they turn opaque. Add the juice of 1 lemon, season with salt and pepper and serve immediately.



citrusy prawns with garlic

squid & olives with red wine

Serves **4**

Preparation time **25 minutes**

Cooking time **about 45 minutes**

2–3 tablespoons **olive oil**

1 **onion**, finely sliced

3–4 **garlic cloves**, finely chopped

fresh squid, about 700 g (1½ lb), cleaned and cut into thick rings

3–4 tablespoons **black olives**, pitted

1–2 teaspoons **ground cinnamon**

2 **bay leaves**

1–2 teaspoons **sugar**

300 ml (½ pint) **red wine**

small bunch of **flat leaf parsley**, finely chopped

small bunch of **dill**, finely chopped

sea salt and **black pepper**

1 **lemon**, cut into wedges, to serve

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 2–3 minutes to soften a little. Add the squid, stir to coat well and cook for 2–3 minutes, then add the olives, cinnamon, bay leaves and sugar.

Pour in the wine and bring to the boil, then reduce the heat, cover and cook gently for 35–40 minutes until most of the liquid has reduced and the squid is tender. Season with salt and pepper and stir in the herbs. Serve immediately with lemon wedges and chunks of crusty bread to mop up the sauce, if liked.

For scallops & olives with red wine, follow the recipe as for [Squid & olives with red wine](#), replacing the squid with 500 g (1 lb) cleaned scallops and replacing the black olives with 2 tablespoons green olives, pitted and cut in half. Reduce the cooking time to 20 minutes.



squid & olives with red wine

fish baked with tomatoes & chillies

Serves **4**

Preparation time **20 minutes**

Cooking time **30 minutes**

3 tablespoons **olive oil**
5–6 **vine tomatoes**, finely sliced
2 **garlic cloves**, finely chopped
2 **green chillies**, deseeded and finely sliced
700 g (1½ lb) **firm-fleshed fish fillets**
juice of 1 **lemon**
15 g (½ oz) **butter**, cut into small pieces
1 teaspoon **ground cinnamon**
2 teaspoons **sesame seeds**, toasted
sea salt and **black pepper**

Grease the base of a tagine or large overproof dish with 1 tablespoon of the oil.

Arrange most of the tomato slices over the base and sprinkle over half the garlic and chillies. Place the fish in a single layer on top of the tomatoes, scatter over the remaining garlic and chillies and arrange the remaining tomato slices on top of the fish.

Mix the remaining olive oil together with the lemon juice in a small bowl. Pour the mixture over the fish and tomatoes and season. Cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 20 minutes.

Scatter the butter over the tomatoes and sprinkle the cinnamon and sesame seeds over the top. Return the tagine to the oven, uncovered, for 10 minutes until the fish is cooked through. Serve with couscous and a salad, if liked.

For fish with baked tomato & cinnamon purée, bake 5–6 tomatoes in an ovenproof dish in a preheated oven, 180°C (350°F), Gas Mark 4, for 15–20 minutes until the skins wrinkle. Remove the skin from the tomatoes, cut into quarters and deseed, then dice the flesh. Put the tomatoes into a food processor or blender and process to a smooth purée. Add 2 teaspoons honey and 1 teaspoon ground cinnamon to the purée and season with salt and pepper. Place 700 g (1½ lb) firm-fleshed fish fillets in the base of a tagine and pour over the tomato purée, adding a little water, if necessary, to cover the fish. Cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 20 minutes until the fish is cooked through.



fish baked with tomatoes & chillies

sea bass & aubergine

Serves **4**

Preparation time **15 minutes**

Cooking time **25–30 minutes**

1 **aubergine**, thickly sliced

4 **spring onions**, trimmed and cut into bite-size pieces

1 **chilli**, deseeded and sliced

25 g (1 oz) **fresh root ginger**, peeled and grated

700 g (1½ lb) **sea bass**, cut into chunks

125 ml (4 fl oz) **white wine vinegar**

125 ml (4 fl oz) **water**

sea salt and **black pepper**

bunch of **flat leaf parsley**, coarsely chopped, to garnish

Arrange the aubergine slices in the base of a tagine or a large, heavy-based saucepan and scatter over the spring onions, chilli and ginger. Place the fish chunks on top.

Pour over the vinegar and measurement water and season with salt and pepper. Bring to the boil, then reduce the heat, cover and cook gently for 25–30 minutes until the fish is cooked through. Garnish with the parsley and serve with couscous, if liked.

For prawns, spring onions, garlic & vinegar, arrange 500 g (1 lb) shelled, fresh prawns in base of a tagine or a large, heavy-based saucepan. Scatter over 3 finely sliced spring onions and 40 g (1½ oz) fresh root ginger, peeled and finely chopped. Pour over 125 ml (4 fl oz) vinegar and 125 ml (4 fl oz) water and season with salt and pepper. Bring to the boil, then reduce the heat, cover and cook gently for 10 minutes until the flavours have mingled. Garnish with a bunch of coarsely chopped flat leaf parsley and serve with couscous.



sea bass & aubergine

trout with harissa & puréed dates

Serves **2**

Preparation time **30 minutes**

Cooking time **about 35 minutes**

225 g (7½ oz) **ready-to-eat soft, pitted dates**

2 tablespoons **argan oil**

1 **onion**, finely chopped

2 **garlic cloves**, crushed

1–2 teaspoons **harissa paste**

1 **trout**, gutted, cleaned and cut into chunks, approximately 900 g (2 lb)

bunch of **coriander**, finely chopped

sea salt and **black pepper**

Put the dates in a food processor or blender with 1–2 tablespoons water and process to form a smooth purée. (If the dates are not soft they will need to be soaked in water for several hours first.)

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 2–3 minutes to soften a little. Add the harissa and trout chunks and stir to coat well.

Add the date purée and pour in enough water to cover the fish. Season with salt and pepper. Cover and cook gently for 30 minutes until the fish is cooked through. Stir in most of the coriander and garnish with the remainder. Serve with couscous, if liked.

For trout with dates, follow the recipe as for [Trout with harissa & puréed dates](#), omitting the date purée and adding 150 g (5 oz) soft, pitted dates to the tagine just before the harissa and trout chunks. Pour over the juice of 1 lemon and enough water to just cover the fish and continue to cook as for [Trout with harissa & puréed dates](#).



trout with harissa & puréed dates

chickpeas, beans & lentils



chickpeas, beans & lentils

chickpeas & spinach with yogurt

butter beans with olives

haricot beans with harissa

brown lentils with ras el hanout

chickpeas & chorizo

spiced green lentils with tomatoes

bean & chickpea k'dra with lamb

chickpea & chicken k'dra

beans & peppers with harissa

baked beans with chorizo & wine

garlicky green lentils with carrots

chickpeas with roasted chestnuts

lentils with celery & carrots

chickpeas & spinach with yogurt

Serves **4**

Preparation time **20 minutes**

Cooking time **12–18 minutes**

1 tablespoon **olive oil**
1 **onion**, finely chopped
2 **garlic cloves**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and finely chopped
1 teaspoon **cumin seeds**
2 x 400 g (13 oz) **cans chickpeas**, rinsed and drained
1–2 teaspoons **ras el hanout**
500 g (1 lb) **spinach**, steamed and roughly chopped 150 ml (¼ pint) **water**
sea salt and **black pepper**
4 tablespoons thick, set **yogurt**, to serve

Heat the olive oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic, ginger and cumin seeds and cook for 2–3 minutes to let the flavours mingle. Add the chickpeas and stir to coat well, then stir in the ras el hanout and add the spinach.

Pour in the measurement water, bring to the boil, then reduce the heat, cover and cook gently for 10–15 minutes to let the flavours mingle. Season to taste with salt and pepper. Serve as a snack or side dish with dollops of yogurt and chunks of fresh crusty bread, if liked.

For chickpeas & kale with yogurt, replace the spinach with 500 g (1 lb) curly kale, trimmed, steamed and roughly chopped, and follow the recipe as for [Chickpeas & spinach with yogurt](#).



chickpeas & spinach with yogurt

butter beans with olives

Serves **4**

Preparation time **15 minutes**, plus soaking

Cooking time **1 hour 25 minutes**

175 g (6 oz) **dried butter beans**, soaked in water for 6 hours or overnight

2 tablespoons **olive oil**

knob of **butter**

2 **garlic cloves**, finely chopped

1 **onion**, finely chopped

1–2 **chillies**, deseeded and finely chopped

1–2 teaspoons **coriander seeds**

1 teaspoon **sugar**

2–3 tablespoons **black olives**, pitted

juice of 1 **lemon**

12 **cherry tomatoes**

1–2 teaspoons **dried thyme**

sea salt and **black pepper**

small bunch of **flat leaf parsley**, coarsely chopped, to garnish

Drain and rinse the soaked butter beans. Cook them in a large saucepan of boiling water for 5 minutes, then reduce the heat and simmer gently for about an hour until the beans are tender but not mushy. Drain and refresh them under running cold water.

Heat the olive oil and butter in the base of a tagine or large, heavy-based saucepan over a medium heat, stir in the garlic, onion, chillies, coriander seeds and sugar and cook for 2–3 minutes to let the flavours mingle.

Add the drained butter beans, olives and lemon juice and season with salt and pepper. Cover and cook gently for 10 minutes. Add the tomatoes and thyme, re-cover and cook gently for a further 5–10 minutes. Garnish with the flat leaf parsley and serve with chunks of crusty bread, if liked.

For butter beans with peppers & olives, soak and cook the dried butter beans as for [Butter beans with olives](#). Add 1–2 red or yellow peppers, cored, deseeded and sliced, to the tagine or saucepan with the garlic, onions, chillies, coriander seeds and sugar and cook for 2–3 minutes. Add the drained butter beans, olives, lemon juice and thyme, cover and cook gently for 15 minutes. Omit the tomatoes. Season the tagine and garnish with the flat leaf parsley.



butter beans with olives

haricot beans with harissa

Serves **4**

Preparation time **10 minutes**, plus soaking

Cooking time **about 1¼ hours**

225 g (7½ oz) **dried haricot beans**, soaked in water for 6 hours or overnight

2 tablespoons **olive oil**

knob of **butter**

2 **onions**, finely chopped

2 **garlic cloves**, finely chopped

1–2 teaspoons **harissa paste**

2 x 400 g (13 oz) **cans chopped tomatoes**

1–2 teaspoons **sugar**

small bunch of **flat leaf parsley**, finely chopped

small bunch of **fresh coriander**, finely chopped

sea salt and **black pepper**

Drain and rinse the soaked haricot beans. Place them in a large saucepan and cover them with plenty of water. Bring to the boil, then reduce the heat and simmer for about 30 minutes until tender. Drain thoroughly.

Heat the oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions and garlic and cook for 2–3 minutes to soften them a little. Add the drained haricot beans, stir in the harissa, tomatoes and sugar, then cover and cook gently for about 30 minutes.

Stir in half the parsley and coriander, season to taste with salt and pepper and cook gently for a further 5 minutes. Garnish with the remaining parsley and coriander and serve with toasted flat breads, if liked, or as a side dish.

For haricot beans with celery & harissa, follow the recipe as for [Haricot beans with harissa](#), adding 2 chopped celery sticks to the tagine with the haricot beans, omitting the tomatoes and sugar. Stir in the harissa with half the herbs and pour in enough water to just cover the beans. Bring to the boil, then reduce the heat, cover and cook gently for 25–30 minutes. Season well and garnish with the remaining herbs.



haricot beans with harissa

brown lentils with ras el hanout

Serves **4**

Preparation time **5 minutes**

Cooking time **about 40 minutes**

2 tablespoons **smen** or **ghee**

1 **onion**, finely chopped

2 **garlic cloves**, finely chopped

1 teaspoon **sugar**

225 g (7½ oz) **dried brown lentils**, rinsed and drained

2 teaspoons **ras el hanout**

600 ml (1 pint) **water**

sea salt and **black pepper**

small bunch of **coriander**, finely chopped, to garnish

Heat the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic and sugar and cook for 2–3 minutes to soften a little. Add in the lentils, stir to coat well, then stir in the ras el hanout.

Pour in the measurement water, bring to the boil, then reduce the heat, cover and cook gently for about 35 minutes until the lentils are tender but not mushy. Season well with salt and pepper and garnish with the coriander. Serve as a side dish or as a snack with a dollop of yogurt and toasted flat breads, if liked.

For brown lentils with potatoes, follow the recipe as for [Brown lentils with ras el hanout](#), adding 4 medium potatoes, peeled and diced, to the sautéed onion and garlic and cooking for 1–2 minutes before adding the lentils and ras el hanout. Increase the measurement water to 750 ml (1¼ pints) and continue to cook as for [Brown lentils with ras el hanout](#).



brown lentils with ras el hanout

chickpeas & chorizo

Serves **4**

Preparation time **10 minutes**

Cooking time **15–20 minutes**

2–3 tablespoons **argan** or **olive oil**

1 **onion**, halved and sliced

2 **garlic cloves**, chopped

200 g (7 oz) **chorizo**, sliced

2–3 **bay leaves**

several **thyme sprigs**

2 x 400 g (13 oz) **cans chickpeas**, rinsed and drained

juice of 2 **lemons**

sea salt and **black pepper**

1–2 teaspoons **smoked paprika**, to sprinkle

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 2–3 minutes to soften a little. Add the chorizo, bay leaves and thyme sprigs and cook for a further 2 minutes, then add the chickpeas.

Pour in the lemon juice, cover and cook gently for 10–15 minutes to let the flavours mingle. Season to taste with salt and pepper. Sprinkle over the paprika and serve with chunks of bread, if liked.

For chickpeas & merguez sausage with sage, replace the chorizo with 200 g (7 oz) sliced merguez sausage and follow the recipe as for [Chickpeas & chorizo](#), using 1 tablespoon crumbled dried sage leaves instead of the bay leaves and thyme.



chickpeas & chorizo

spiced green lentils with tomatoes

Serves **4**

Preparation time **5 minutes**

Cooking time **about 35 minutes**

2 tablespoons **argan oil**
2 **onions**, finely chopped
4 **garlic cloves**, finely chopped
2 teaspoons **ground turmeric**
2 teaspoons **ground fenugreek**
225 g (7½ oz) **dried green lentils**, rinsed, picked over and drained
1 x 400 g (13 oz) **can chopped tomatoes**
2 teaspoons **sugar**
750 ml (1¼ pints) **water**
small bunch of **coriander**, finely chopped
sea salt and **black pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions and garlic and cook for 2–3 minutes to soften a little. Add the turmeric, fenugreek and lentils and stir to coat well, then stir in the tomatoes and sugar.

Pour in the measurement water and bring to the boil, then reduce the heat, cover and cook gently for about 30 minutes until the lentils are tender but not mushy, adding a little more water if necessary. Stir in half the coriander and season with salt and pepper. Serve as side dish to grilled or roasted meat and poultry.

For yellow split peas with tomatoes & ginger, replace the lentils with 225 g (7½ oz) yellow split peas. Follow the recipe as for [Spiced green lentils with tomatoes](#), adding 40 g (1½ oz) fresh root ginger, peeled and finely chopped, to the tagine or saucepan with the onions and garlic, cook for 2–3 minutes, then stir in the turmeric and split peas and proceed as for [Spiced green lentils with tomatoes](#).



spiced green lentils with tomatoes

bean & chickpea k'dra with lamb

Serve **6–8**

Preparation time **25 minutes**, plus soaking

Cooking time **2 hours 40 minutes**

6–8 trimmed **lamb shanks**

3 tablespoons **olive oil**

1 tablespoon **butter**

12 **shallots**, peeled

3–4 **celery sticks**

2 **carrots**, peeled

4–6 **garlic cloves**, chopped

2 teaspoons **cumin seeds**

3 **cinnamon sticks**

175 g (6 oz) **dried chickpeas**, soaked in water for 6 hours and drained

175 g (6oz) **dried kidney** or **fava beans**, soaked in water for 8 hours and drained

2 x 400 g (13 oz) **cans chopped tomatoes**

1.2 litres (2 pints) **lamb** or **chicken stock**

sea salt and **black pepper**

To garnish

large bunch of **mint**, finely chopped

finely chopped rind of 1 **preserved lemon**

Put the lamb shanks in a large saucepan and cover them with water. Bring to the boil and remove any scum from the surface of the water. Reduce the heat and simmer for 1 hour. Remove the shanks and drain.

Heat the oil and butter in a large copper pot or heavy-based saucepan over a medium heat, add the lamb shanks and cook for 3–4 minutes, turning occasionally, until browned all over. Remove the lamb shanks and set aside.

Chop the celery and carrots into bite-sized pieces and add them to the pan with the shallots and garlic and cook for 2–3 minutes, then add the cumin seeds, cinnamon sticks, chickpeas, kidney or fava beans and tomatoes and return the shanks to the pot or saucepan. Pour in the stock and season well with salt and pepper. Bring to the boil, then reduce the heat, cover and cook gently for 1½ hours.

Mix together the chopped mint and preserved lemon in a bowl and sprinkle the mixture over the k'dra. Serve with chunks of bread, if liked.

For bean & chickpea k'dra with beef, replace the lamb shanks with 1.25 kg (2½ lb) lean beef, cut into large chunks and follow the recipe as for **Bean & chickpea k'dra with lamb**. Garnish the k'dra with a bunch of finely chopped parsley combined with 1 tablespoon finely chopped preserved lemon rind and 1 deseeded and finely chopped red chilli.



bean & chickpea k'dra with lamb

chickpea & chicken k'dra

Serves **6–8**

Preparation time **10 minutes**, plus soaking

Cooking time **about 1 hour 10 minutes**

3 tablespoons **argan** or **olive oil**

knob of **butter**

2 **onions**, finely chopped

6 **garlic cloves**, finely chopped

1 tablespoon **coriander seeds**

8 **chicken thighs**, trimmed

225 g (7½ oz) **dried chickpeas**, soaked in water for 6 hours or overnight and drained

1 tablespoon **ground turmeric**

2 teaspoons **smoked paprika**

900 ml (1¼ pints) **chicken stock**

small bunch of **flat leaf parsley**, coarsely chopped

small bunch of **fresh coriander**, coarsely chopped

sea salt and **black pepper**

Heat the oil and butter in a large copper pot or heavy-based saucepan over a medium heat, stir the onions, garlic and coriander seeds and cook for 2–3 minutes to let the flavours mingle. Add the chicken thighs, stir to coat well and cook for a further 2–3 minutes turning occasionally until lightly brown all over, then toss in the chickpeas, turmeric and paprika.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for about 1 hour until the chicken is very tender. Season to taste with salt and pepper, then stir in most of the parsley and coriander. Garnish with the remaining herbs and serve with flat breads and salad, if liked.

For chickpeas with lamb, turmeric & paprika, follow the recipe as for [Chickpea & chicken k'dra](#), replacing the chicken thighs with 8 lamb chops. Finely chop a bunch of mint and add it to the dish at the end of the cooking process with the chopped parsley and coriander.



chickpea & chicken k'dra

beans & peppers with harissa

Serves **4–6**

Preparation time **10 minutes**, plus soaking

Cooking time **1 hour 15 minutes**

225 g (7½ oz) **dried butter beans**, soaked for 6 hours or overnight

225 g (7½ oz) **dried kidney beans**, soaked overnight

2 tablespoons **olive oil**

knob of **butter**

2 **onions**, finely chopped

4–6 **garlic cloves**, smashed

2 teaspoons **sugar**

2 teaspoons **cumin seeds**

2 red, orange or yellow **peppers**, cored, deseeded and diced

1–2 teaspoons **harissa paste**

2 x 400 g (13 oz) **cans chopped tomatoes**

small bunch of **mint**, finely chopped

sea salt and **black pepper**

Drain and rinse the butter and kidney beans. Place them in a large saucepan filled with water. Bring to the boil, then reduce the heat and simmer for about 40 minutes until tender. Drain and refresh under cold running water, then remove any loose skins.

Heat the oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions, garlic and sugar and cook for 2–3 minutes to soften. Add the cumin seeds and peppers and cook for a further 1–2 minutes, then add the drained beans and stir to coat well.

Stir in the harissa and the tomatoes and cook over a gentle heat for 30 minutes. Season to taste with salt and pepper, then stir in half the mint and garnish with the remaining mint. Serve with chunks of bread and a dollop of creamy yogurt, if liked, or as an accompaniment to meat and poultry tagines.

For beans with mint & feta, follow the recipe as for [Beans & peppers with harissa](#), omitting the peppers, harissa and tomatoes, and adding in 1–2 teaspoons dried mint and the juice of 1 lemon instead. Cover and cook gently for 10–15 minutes, then stir in the chopped fresh mint, crumble 150 g (5 oz) feta cheese over the top, and serve with toasted flat breads.



beans & peppers with harissa

baked beans with chorizo & wine

Serves **4**

Preparation time **15 minutes**, plus soaking

Cooking time about **1 hour**

175 g (6 oz) **dried black-eyed beans**, soaked in water for 6 hours or overnight

2 tablespoons **smen** or **ghee**

1 **onion**, coarsely chopped

2–3 **garlic cloves**, finely chopped

2 **chillies**, deseeded and finely chopped

1 teaspoon **cumin seeds**

1–2 teaspoons **coriander seeds**

700 g (1½ lb) **small Spanish chorizo**, sliced

3 **bay leaves**

1 x 400 g (13 oz) **can chopped tomatoes**, drained of juice

150 ml (¼ pint) **white wine**

bunch of **fresh flat leaf parsley**, roughly chopped

sea salt and **black pepper**

Drain and rinse the black-eyed beans. Place them in a large saucepan filled with water. Bring to the boil, then reduce the heat, cover and cook gently for about 25 minutes until tender. Drain and refresh the beans under cold running water and pick out any loose skins.

Melt the smen or ghee in the base of a tagine over a medium heat, stir in the onion, garlic, chillies and spices and cook for 2–3 minutes to let the flavours mingle. Add the chorizo, stir to coat well and cook for a further 2–3 minutes, then add the drained black-eyed beans, bay leaves and tomatoes.

Pour in the wine, cover and place in a preheated oven, 180°C (350°F), Gas Mark 4, for 25–30 minutes. Season to taste with salt and pepper, then stir in most of the parsley. Garnish with the remaining parsley and serve with chunks of crusty bread, if liked.

For borlotti beans with peppers and wine, replace the black-eyed beans with 225 g (7½ oz) dried borlotti beans. Soak the borlotti beans in water for 6 hours, then rinse and drain. Cook them in a large saucepan of boiling water for 30 minutes, then drain and refresh under cold running water. Then follow the recipe as for [Baked beans with chorizo & wine](#), also replacing the chorizo with 2 red, yellow or orange peppers, cored, deseeded and diced



baked beans with chorizo & wine

garlicky green lentils with carrots

Serves **4–6**

Preparation time **20 minutes**

Cooking time **about 25 minutes**

175 g (6 oz) **dried green lentils**, rinsed, picked over and drained

3–4 tablespoons **olive oil**

1 **onion**, coarsely chopped

6–8 **garlic cloves**, coarsely chopped

1 teaspoon **coriander seeds**

handful of **dried sage leaves**

1–2 teaspoons **sugar**

2–3 **carrots**, peeled and sliced

1–2 tablespoons **tomato purée**

300 ml (½ pint) **water**

salt and **black pepper**

bunch of **sage**, coarsely chopped, to garnish

1 **lemon**, cut into wedges, to serve

Bring a saucepan of water to the boil. Add the lentils, reduce the heat and simmer for 10 minutes. Drain and refresh under cold running water.

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic, coriander seeds, dried sage leaves and sugar and cook for 2–3 minutes to let the flavours mingle. Add the carrots and cook for a further 1–2 minutes, then add the drained lentils and stir in the tomato purée.

Pour in the measurement water, bring to the boil, then reduce the heat, cover and cook gently for about 20 minutes until most of the liquid has been absorbed. Season with salt and pepper, garnish with the fresh sage leaves and serve with the lemon wedges to squeeze over.

For garlicky haricot beans with sage, replace the lentils with 225 g (8 oz) haricot beans. Soak the beans in water for 6 hours, then rinse and drain. Place the beans in a large saucepan and cover them with plenty of water. Bring to the boil, then reduce the heat and simmer for about 30 minutes until tender. Drain thoroughly. Follow the recipe as for [Garlicky green lentils with carrots](#), adding the drained beans to the tagine or saucepan with the onion, garlic, coriander seeds, sugar and dried sage leaves. Omit the carrots and stir in the tomato purée. Pour in enough water to just cover the beans, cover and cook gently for about 15 minutes. Season to taste with salt and pepper, then garnish with the fresh sage leaves. Serve as an accompaniment to meat and poultry tagines.



garlicky green lentils with carrots

chickpeas with roasted chestnuts

Serves **4**

Preparation time **20 minutes**

Cooking time **30–35 minutes**

1–2 tablespoons **smen** or **ghee**
2 **red onions**, halved and sliced
4 **garlic cloves**, chopped
2 teaspoons **coriander seeds**
1 teaspoon **cumin seeds**, crushed
1 teaspoon **fennel seeds**
2 x 400 g (13 oz) **cans chickpeas**, rinsed and drained
450 g (14½ oz) **roasted chestnuts**, shelled
1–2 teaspoons **ras el hanout**
1 x 400 g (13 oz) **can chopped tomatoes**, drained of juice
1–2 teaspoons **sugar**
small bunch of **flat leaf parsley**, chopped
sea salt and **black pepper**

Heat the smen or ghee in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions and garlic with the coriander, cumin and fennel seeds and cook for 2–3 minutes to let the flavours mingle. Add the chickpeas, stir to coat well and cook for a further 1 minute, then add the chestnuts and ras el hanout.

Stir in the tomatoes and sugar and add enough water to just cover the chickpeas and chestnuts. Bring to the boil, then reduce the heat, cover and cook gently for 25–30 minutes. Season to taste with salt and pepper, then stir in most of the parsley. Garnish with the remaining parsley and serve with chunks of fresh crusty bread, if liked.

For butter beans with almonds & ras el hanout, follow the recipe as for [Chickpeas with roasted chestnuts](#), replacing the chickpeas with 2 x 400 g (13 oz) cans butter beans, rinsed and drained, and replacing the chestnuts with 225 g (7½ oz) blanched almonds.



chickpeas with roasted chestnuts

lentils with celery & carrots

Serves **4**

Preparation time **15 minutes**

Cooking time **30–35 minutes**

2 tablespoons **argan** or **olive oil**
1–2 teaspoons **caraway seeds**
4 **garlic cloves**, finely chopped
1 **chilli**, deseeded and finely chopped
2 **carrots**, peeled and diced
2 **celery sticks**, trimmed and diced
175 g (6 oz) **dried brown lentils**, rinsed and drained
600 ml (1 pint) **chicken** or **vegetable stock**
small bunch of **flat leaf parsley**, finely chopped
sea salt and **black pepper**
1 **lemon**, cut into wedges, to serve

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the caraway seeds, garlic and chilli and cook for 1–2 minutes to let the flavours mingle. Add the carrots and celery, stir to coat well and cook for a further 1–2 minutes, then add the lentils.

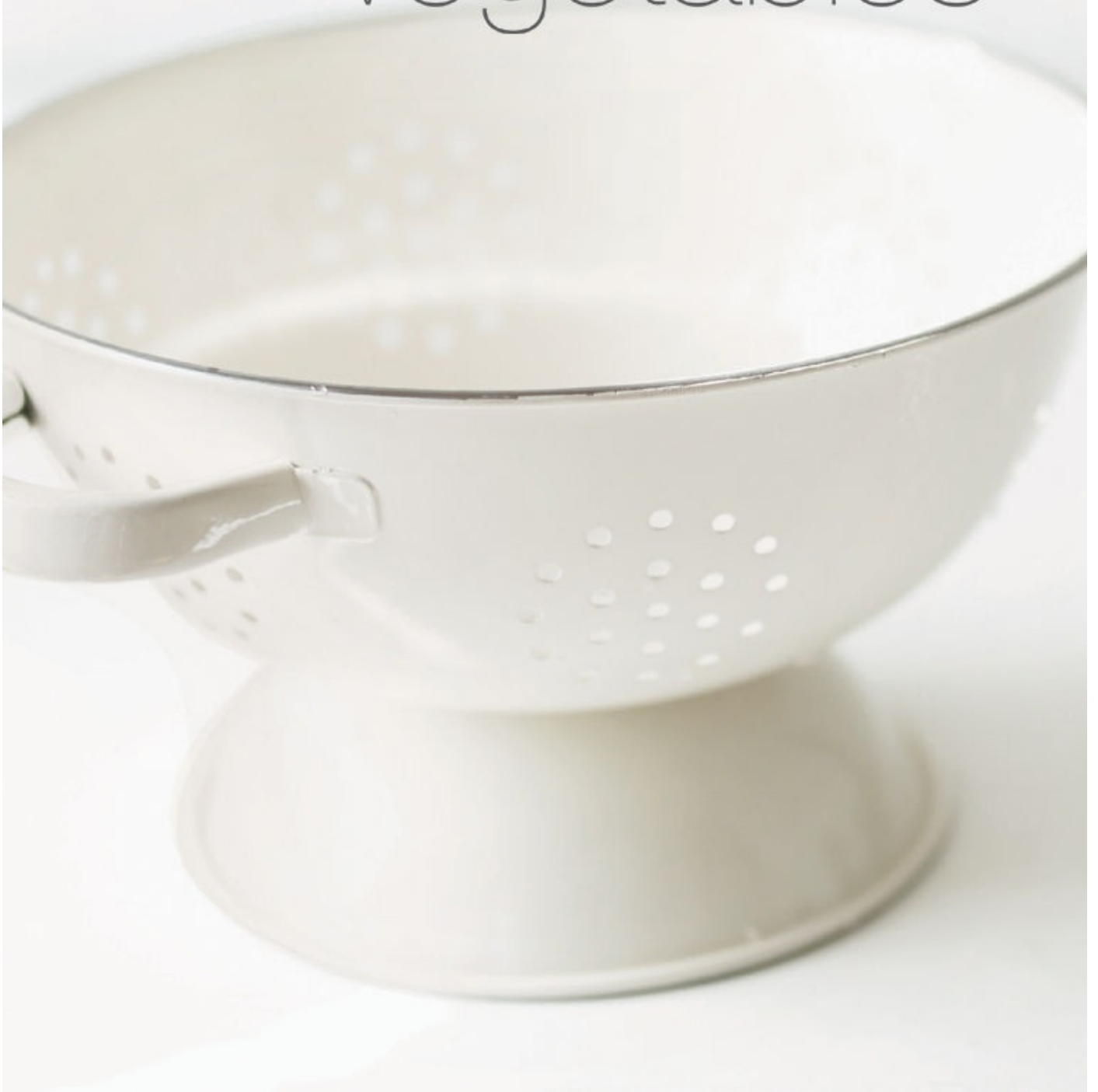
Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for 25–30 minutes until the lentils are tender but not mushy. Season to taste with salt and pepper, then stir in the parsley. Serve as a side dish with wedges of lemon to squeeze over it.

For lentils with celery & harissa, heat the oil in the base of a tagine or a large, heavy-based saucepan, stir in 2 finely chopped garlic cloves and cook for 1–2 minutes. Trim and dice 2 celery sticks and add them to the garlic. Stir in 1–2 teaspoons harissa paste, then add 225 g (7½ oz) rinsed and drained brown lentils and pour in 600 ml (1 pint) water. Bring to the boil, reduce the heat, cover and cook gently for 25–30 minutes. Season and serve as for [Lentils with celery & carrots](#).



lentils with celery & carrots

vegetables



vegetables

runner beans with tomato & dill

aubergine & courgette tagine

eggs with onions, chilli & sage

spicy roasted cherry tomatoes

garlic & ginger sweet potatoes

artichokes with potatoes & peas

yam with shallots & prunes

butternut squash with sultanas

herby baby aubergines

pepper, olive, feta & egg tagine

lemony okra & tomatoes

sweet potatoes with green olives

baked carrot & potato tagine

runner beans with tomato & dill

Serves **4**

Preparation time **10 minutes**

Cooking time **about 45 minutes**

2 tablespoons **olive** or **argan oil**

1–2 **onions**, roughly chopped

2 **garlic cloves**, roughly chopped

500 g (1 lb) **runner beans**, trimmed and cut into 3 or 4 pieces

2 teaspoons **sugar**

juice of 1 **lemon**

2 x 400 g (13 oz) cans **chopped tomatoes**

bunch of **dill**, roughly chopped

sea salt and **black pepper**

small bunch of **flat leaf parsley**, finely chopped, to garnish

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions and garlic and cook for 2–3 minutes until they begin to soften.

Add the runner beans and stir to coat well, then stir in the sugar, lemon juice, tomatoes and dill. Cover and cook gently for about 40 minutes until the beans are tender and the tomato sauce is fairly thick. Season to taste with salt and pepper, then garnish with the parsley. Serve with chunks of fresh crusty bread and bowl of thick, creamy yogurt, if liked.

For green beans with mint, follow the recipe as for [Runner beans with tomato & dill](#), replacing the runner beans with 500 g (1 lb) trimmed green beans and replacing the dill with a bunch of roughly chopped mint. Serve with chunks of fresh crusty bread and a bowl of thick, creamy yogurt.



runner beans with tomato & dill

aubergine & courgette tagine

Serves **6**

Preparation time **15 minutes**

Cooking time **about 45 minutes**

3–4 tablespoons **olive oil**

knob of **butter**

1 **onion**, chopped

2–3 **garlic cloves**, chopped

2 **aubergines**, cut into bite-sized chunks

2 **courgettes**, cut into bite-sized chunks

175 g (6 oz) **ready-to-eat dried apricots**, halved

2 teaspoons **ras el hanout**

2 teaspoons **sugar**

2 x 400 g (13 oz) **cans chopped tomatoes**

small bunch of **flat leaf parsley**, finely chopped

small bunch of **coriander**, finely chopped

sea salt and **black pepper**

Heat the oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 1–2 minutes until they begin to soften. Stir in the aubergines and courgettes and cook for a further 3–4 minutes, then add the apricots, ras el hanout and sugar.

Stir in the tomatoes with half the herbs and bring to the boil, then cover, reduce the heat and cook over a medium heat for 30–40 minutes. Season to taste with salt and pepper, then garnish with the remaining parsley and coriander. Serve with a dollop of creamy yogurt and chunks of fresh, crusty bread if liked.

For aubergines with dates, follow the recipe as for [Aubergine & courgette tagine](#), omitting the courgettes, increasing the number of aubergines to 3 and replacing the apricots with 200 g (7 oz) ready-to-eat dried dates, halved lengthways.



aubergine & courgette tagine

eggs with onions, chilli & sage

Serves **4**

Preparation time **5 minutes**

Cooking time **10 minutes**

2 tablespoons **olive oil**

2 **onions**, finely sliced

2 **garlic cloves**, finely chopped

½ teaspoon **sugar**

1 teaspoon **dried chilli flakes**

4–5 **dried sage leaves**, crumbled

4 large **eggs**

sea salt and **black pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onions, garlic and sugar and cook for 3–4 minutes until they begin to soften and colour. Stir in the chilli flakes and the dried sage leaves and cook for a further 1 minute.

Use a wooden spoon to create 4 wells in the onion mixture and crack the eggs into them. Cover and cook over a medium heat for a further 3–4 minutes until the whites of the eggs are firm. Season with salt and pepper and serve immediately on toasted flat breads or with a dollop of thick yogurt, if liked.

For eggs with black olives and parsley, heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in 2 tablespoons black olives, pitted and finely sliced, and 2 finely chopped garlic cloves, omitting the sugar, and cook for 2–3 minutes. Finely chop a small bunch of parsley and add most of it to the olives and garlic. Crack the eggs over the top, cover and cook for about 4 minutes until the whites of the eggs are firm. Season with salt and pepper and scatter the remaining of the parsley over the top.



eggs with onions, chilli & sage

spicy roasted cherry tomatoes

Serves **4**

Preparation time **10 minutes**

Cooking time **25–35 minutes**

450 g (14½ oz) **cherry tomatoes**

2 tablespoons **olive oil**

4 **garlic cloves**, halved and smashed

1–2 teaspoons finely chopped **dried red chillies**

1 teaspoon **sugar**

finely chopped rind of 1 **preserved lemon**

sea salt

Put the tomatoes in the base of a tagine or ovenproof dish, drizzle over the oil, scatter the garlic, chillies and sugar over the tomatoes and toss to coat well.

Place, uncovered, in a preheated oven, 200°C (400°F), Gas Mark 6, for 20–25 minutes until the tomato skins begin to wrinkle.

Sprinkle half the preserved lemon rind over the tomatoes and stir to coat well, then season with salt. Return to the oven for 5–10 minutes. Serve with chunks of crusty bread or with grilled and roasted dishes, if liked.

For roasted cherry tomatoes with feta & mint, put 450 g (14½ oz) cherry tomatoes in the base of a tagine or ovenproof dish, drizzle over 2 tablespoons olive oil, scatter over 4 garlic cloves, halved and smashed and 1 teaspoon sugar and toss to coat well. Place, uncovered, in a preheated oven, 200°C (400°F), Gas Mark 6, for 20–25 minutes, then toss in 1–2 teaspoons dried mint and scatter 150 g (5 oz) crumbled feta cheese over the top. Return to the oven for 5–10 minutes. Garnish with 1 tablespoon finely chopped mint.



spicy roasted cherry tomatoes

garlic & ginger sweet potatoes

Serves **4**

Preparation time **15 minutes**

Cooking time **45–50 minutes**

2–3 **sweet potatoes**, peeled and cut into bite-sized chunks

3 tablespoons **olive** or **argan oil**

25 g (1 oz) **fresh root ginger**, peeled and cut into very thin sticks

2–3 **garlic cloves**, peeled and cut into thin sticks

sea salt and **black pepper**

small bunch of **coriander**, finely chopped, to garnish

Put the sweet potato chunks in the base of a tagine or ovenproof dish, drizzle over the oil and toss in the ginger and garlic.

Place the tagine, uncovered, in a preheated oven, 200°C (400°F), Gas Mark 6, for 45–50 minutes until the sweet potato is tender and some pieces are slightly caramelized. Season to taste with salt and pepper. Garnish with the coriander and serve as a side dish with roasted or grilled meats or with couscous, if liked.

For roasted butternut squash with honey & ginger, peel, deseed and chop 1 large butternut squash into bite-sized pieces. Put the squash chunks in the base of a tagine or ovenproof dish, drizzle over 2 tablespoons olive oil and toss in 1 tablespoon peeled and finely chopped fresh root ginger. Place the tagine in the oven as above and roast the squash for about 30 minutes until tender. Drizzle over 1 tablespoon runny honey, stir to coat well and return the tagine to the oven for a further 10 minutes. Season to taste with salt and pepper and serve as a side dish to grilled and roasted meats or with couscous.



garlic & ginger sweet potatoes

artichokes with potatoes & peas

Serves **4–6**

Preparation time **10 minutes**

Cooking time **about 25 minutes**

2 tablespoons **olive oil**
1 **onion**, halved and finely sliced
2 **garlic cloves**, crushed
1 teaspoon **coriander seeds**
1 teaspoon **cumin seeds**
2 teaspoons **ground turmeric**
1–2 teaspoons **dried mint**
4 small **potatoes**, peeled and quartered
300 ml (½ pint) **vegetable** or **chicken stock**
3 ready-prepared **artichoke bottoms**, quartered
225 g (8 oz) fresh, podded **peas**
finely shredded rind of ½ **preserved lemon**
sea salt and **black pepper**
small bunch of **coriander**, finely chopped, to garnish

Heat the olive oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and cook for 3–4 minutes until it begins to soften. Add the garlic, coriander and cumin seeds, turmeric and dried mint, then toss in the potatoes, making sure they are coated in the spices.

Pour in the stock and bring to the boil, then reduce the heat, cover and cook gently for 5–6 minutes. Add the artichokes and stir to combine, then re-cover and cook for 10 minutes. Stir in the peas and preserved lemon rind and cook, covered, for a further 5 minutes until the peas are tender. Season to taste with salt and pepper, then scatter the coriander over the top. Serve with chunks of fresh crusty bread or couscous, if liked.

For artichokes with broad beans, place 4 ready-prepared artichoke bottoms hollow-side up in the base of a tagine or a large, heavy-based saucepan. Mix together 2 tablespoons olive oil, the juice of 1 lemon and 2 tablespoons water in a bowl and pour the mixture over the artichokes. Cover and cook over a medium heat for about 15 minutes. Add 225 g (7½ oz) fresh, podded broad beans, sprinkle over 1 teaspoon of sugar and scatter with 1 tablespoon finely chopped dill. Re-cover and cook for 5–6 minutes until the broad beans are tender. Season to taste and serve with couscous.



artichokes with potatoes & peas

yam with shallots & prunes

Serves **4**

Preparation time **15 minutes**

Cooking time **about 40 minutes**

2–3 tablespoons **olive oil**

knob of **butter**

25 g (1 oz) **fresh root ginger**, peeled and finely chopped

1–2 **cinnamon sticks**

8 small shallots, peeled

700 g (1½ lb) **yam**, peeled and cut into bite-size chunks

175 g (6 oz) **ready-to-eat pitted prunes**

1 tablespoon **honey**

400 ml (14 fl oz) **vegetable** or **chicken stock**

small bunch of **coriander**, finely chopped

small bunch of **mint**, finely chopped

sea salt and **black pepper**

Heat the olive oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the ginger, cinnamon sticks and shallots, toss to coat well and cook for 2–3 minutes until the shallots begin to colour, then add the yam and cook for a further 2–3 minutes.

Add the prunes and honey and pour in the stock. Bring to the boil, then reduce the heat, cover and cook gently for about 25 minutes. Toss in most of the herbs, season to taste, and cook for a further 5–6 minutes to let the flavours mingle. Garnish with the remaining herbs and serve immediately with plain, buttery couscous, if liked.

For yam with carrots and sultanas, replace the shallots with 2–3 carrots, peeled and cut into bite-size chunks, and substitute the prunes with 150 g (5 oz) sultanas. Follow the recipe as for [Yam with shallots & prunes](#) and serve as a side dish with grilled or roasted meats, or with couscous.



yam with shallots & prunes

butternut squash with sultanas

Serves **4**

Preparation time **15 minutes**

Cooking time **about 30 minutes**

2 tablespoons **olive oil**

knob of **butter**

8 **shallots**, peeled

4 **garlic cloves**, peeled and lightly smashed

125 g (4 oz) **sultanas**

1–2 teaspoons **harissa paste**

1–2 tablespoons **honey**

1 large **butternut squash**, peeled, deseeded and cut into bite-size chunks

sea salt and **black pepper**

a small bunch **fresh coriander**, finely chopped, to garnish

1 **lemon**, cut into quarters, to serve

Heat the oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the shallots and garlic and cook for 2–3 minutes until they begin to soften and colour. Add the sultanas, harissa and honey, then toss in the butternut squash, making sure it is coated in the spicy mixture.

Pour in enough water to cover the base of the tagine or saucepan, bring to the boil, then reduce the heat, cover and cook gently for about 20 minutes until the squash is tender. Season to taste with salt and pepper, scatter the coriander over the top and serve with wedges of lemon to squeeze over it.

For butternut squash with apple, heat 2 tablespoons olive oil and a knob of butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in 1 finely chopped onion and cook for 2–3 minutes until it begins to soften. Stir in 1–2 teaspoons harissa paste, 1 butternut squash, peeled, deseeded and cut into bite-sized chunks, and 2 apples, cored and thickly diced, and proceed with the rest of the recipe as for [Butternut squash with sultanas](#).



butternut squash with sultanas

herby baby aubergines

Serves **4**

Preparation time **10 minutes**

Cooking time **about 50 minutes**

2 tablespoons **olive oil**

knob of **butter**

1 **onion**, halved and sliced

3–4 **garlic cloves**, chopped

1–2 **red chillies**, deseeded and sliced

1–2 teaspoons **coriander seeds**

1 teaspoon **cumin seeds**

1–2 teaspoons **sugar**

12 **baby aubergines**, left whole with stalk intact

2 x 400 g (13 oz) **cans chopped tomatoes**

bunch of **mint**, finely chopped

bunch of **coriander**, finely chopped

sea salt and **black pepper**

Heat the oil and butter in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion and garlic and cook for 2–3 minutes until they begin to soften and colour. Stir in the chillies, coriander and cumin seeds, and sugar and cook for 1–2 minutes, then toss in the baby aubergines, making sure they are coated in the spices.

Pour over the tomatoes, cover and cook gently for about 40 minutes until the aubergines are beautifully tender. Toss in half the mint and coriander, season to taste with salt and pepper, then re-cover and simmer for a further 5 minutes. Garnish with the remaining mint and coriander and serve hot with couscous and yogurt, if liked.

For baby courgettes with mint, replace the baby aubergines with 12 baby courgettes. Follow the recipe as for [Herby baby aubergines](#) but reduce the cooking time to 30 minutes after adding the tomatoes and omit the coriander and double the quantity of mint.



herby baby aubergines

pepper, olive, feta & egg tagine

Serves **4**

Preparation time **10 minutes**

Cooking time **14–18 minutes**

2 tablespoons **olive oil**

1 teaspoon **cumin seeds**

1 teaspoon **coriander seeds**

1 **green, red and yellow pepper**, all cored, deseeded and finely sliced

2 tablespoons pitted and halved **black olives**

150 g (5 oz) **feta cheese**, cubed

4 **eggs**

pepper

shredded **basil leaves**, to garnish

Heat the oil in the base of a tagine or a large, heavy-based frying pan over a medium heat, stir in the cumin and coriander seeds and cook for 1–2 minutes to let the flavours mingle. Add the peppers and cook for a further 2–3 minutes, then stir in the olives. Cover, reduce the heat and cook over a medium heat for 5 minutes until the peppers have softened.

Add the feta and cook for 2–3 minutes until it begins to soften, then make 4 wells in the mixture. Break the eggs into the wells, cover and cook for 4–5 minutes until the whites are firm. Grind pepper over the eggs, garnish with the basil leaves and serve with warm crusty bread, if liked.

For spiced tomatoes & eggs with roasted red peppers, heat 1–2 tablespoons ghee in the base of a tagine or a large, heavy-based frying pan over a medium heat, stir in 1 teaspoon each of coriander seeds and cumin seeds and 2 crushed garlic cloves and cook for 1–2 minutes to let the flavours mingle. Top with 3–4 sliced tomatoes, then break over 8 eggs. Cover and cook over a medium heat for 6–8 minutes until the eggs are firm. Season, garnish with roasted red peppers from a jar, sliced, and scatter over a chopped small bunch of flat leaf parsley. Serve on buttered, toasted flatbreads.



pepper, olive, feta & egg tagine

lemony okra & tomatoes

Serves **4**

Preparation time **20 minutes**

Cooking time **about 25 minutes**

500 g (1 lb) **okra**, washed and trimmed

juice of 1 **lemon**

2 tablespoons **olive oil**

1 **onion**, halved and finely sliced

2 **garlic cloves**, finely chopped

1–2 **red chillies**, deseeded and finely chopped

2 teaspoons **coriander seeds**

1–2 teaspoons **sugar**

1 x 400 g (13 oz) **can chopped tomatoes**

sea salt and **black pepper**

finely sliced rind of ½ **preserved lemon**, to garnish

Place the okra in a non-metallic bowl, pour over the lemon juice and leave to stand for 10–15 minutes.

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, garlic, chillies, coriander seeds and sugar and cook for 2–3 minutes until the onion starts to soften.

Add the okra and lemon juice and stir in the tomatoes, then cover and cook gently for 20 minutes until the okra is cooked through but still retaining its crunch. Season to taste with salt and pepper. Garnish with the preserved lemon and serve with couscous, if liked.

For okra with ginger & preserved lemon, combine 500 g (1 lb) okra with the juice of 1 lemon in a non-metallic bowl and leave to stand for 10–15 minutes. Heat 2 tablespoons olive oil in the base of a tagine or heavy-based saucepan over a medium heat, stir in 2 finely chopped garlic cloves, 1 deseeded and finely chopped chilli and 40 g (1½ oz) fresh root ginger, peeled and finely chopped, and cook for 2–3 minutes to let the flavours mingle. Drain the okra, pat dry with kitchen paper, then add to the garlic, ginger and chillies and toss to coat well. Cover and cook gently for 3–4 minutes until the okra is cooked through but still retains its crunch. Serve with couscous or as an accompaniment to tagines.



lemony okra & tomatoes

sweet potatoes with green olives

Serves **4**

Preparation time **20 minutes**

Cooking time **30–35 minutes**

3–4 tablespoons **olive oil** or **argan oil**

1 **onion**, coarsely chopped

25 g (1 oz) **fresh root ginger**, peeled and grated

1–2 teaspoons **cumin seeds**

500 g (1 lb) **sweet potatoes**, peeled and cut into bite-size pieces

juice of 1 **lemon**

12 large **cracked green olives**

2–3 tablespoons **orange blossom water**

small bunch of **coriander**, finely chopped

sea salt and **black pepper**

Heat the oil in the base of a tagine or a large, heavy-based saucepan over a medium heat, stir in the onion, ginger and cumin seeds and cook for 2–3 minutes until the onion starts to soften. Add the sweet potatoes and stir to coat well.

Pour in the lemon juice, then cover and cook gently for 15 minutes. Add the olives and the orange blossom water, re-cover and cook for a further 10–15 minutes to let the flavours mingle. Season to taste with salt and pepper, then stir in the coriander. Serve with couscous, if liked, or as an accompaniment to a meat or poultry tagine.

For green olives with tomatoes & preserved lemon, heat 2 tablespoons olive oil in the base of a tagine or heavy-based saucepan over a medium heat, stir in 1 finely chopped onion, 2 finely chopped garlic cloves and 2 teaspoons coriander seeds and cook for 2–3 minutes to let the flavours mingle. Toss in 16 large cracked green olives and add 1 x 400 g (13 oz) can chopped tomatoes and 1–2 teaspoons sugar. Cover and cook gently for 15 minutes. Season to taste with salt and pepper, then stir in a small bunch of finely chopped coriander. Serve as an accompaniment to meat and poultry tagines.



sweet potatoes with green olives

baked carrot & potato tagine

Serves **4**

Preparation time **20 minutes**

Cooking time **about 35 minutes**

2–3 tablespoons **olive** or **argan oil**
2 **onions**, thickly sliced
4 **garlic cloves**, finely chopped
25 g (1 oz) **fresh root ginger**, peeled and finely chopped
1–2 **red chillies**, deseeded and finely chopped
2 teaspoons **cumin seeds**
1 teaspoon **fennel seeds**
4 large **potatoes**, peeled and thickly sliced
2 large **carrots**, peeled and thickly sliced
300 ml (½ pint) **vegetable** or **chicken stock**
finely sliced rind of 1 **preserved lemon**
3–4 **tomatoes**, sliced
15 g (½ oz) **butter**, cut into small pieces
sea salt and **black pepper**
bunch of **coriander**, finely chopped, to garnish

Heat the oil in the base of a large tagine or a heavy-based saucepan over a medium heat, stir in the onions and cook for 1–2 minutes until they begin to soften. Add the garlic, ginger, chillies, cumin and fennel seeds and cook for a further 1–2 minutes.

Add the potatoes and carrots and pour in the stock. Bring to the boil, then reduce the heat, cover and cook gently for 15 minutes. If cooked in a saucepan, now transfer to a tagine or oven-proof dish.

Stir in the preserved lemon rind, season with salt and pepper and arrange the tomato slices over the top. Dot the tomatoes with the butter, then place the tagine, uncovered, in a preheated oven, 180°C (350°F), Gas Mark 4, for 15 minutes until the tomatoes are lightly browned. Garnish with the coriander and serve with couscous, if liked, or as an accompaniment to meat and poultry tagines.

For baked potato & tomato tagine, make the tagine as for [Baked carrot & potato tagine](#), omitting the fennel seeds and carrots, adding 150 g (5 oz) crumbled feta cheese with the preserved lemon and increasing the quantity of potatoes to 6.



baked carrot & potato tagine

desserts & drinks



desserts & drinks

pistachio & raisin couscous

crystallized rose petals

orange & honey puffs in syrup

baked figs with honey & spices

date & pistachio truffles

saffron pears with lavender

almond & cinnamon filo coil

moroccan coffee with cardamom

mint tea with lemon verbena

hot spicy tea with chillies

pistachio & raisin couscous

Serves **4**

Preparation time **20 minutes**

Cooking time **about 10 minutes**

250 g (8 oz) **fine couscous**
2 teaspoons **ground cinnamon**, plus extra for dusting
½ teaspoon **ground cloves**
1–2 tablespoons **granulated sugar**
300 ml (½ pint) **boiling water**
1 tablespoon **sunflower oil**
60 g (2¼ oz) **butter**
120 g (4 oz) **shelled unsalted pistachio nuts**
2–3 tablespoons **sultanas** or **raisins**
125 ml (4 fl oz) **milk**
125 ml (4 fl oz) **double cream**
4 tablespoons **runny honey**

Put the couscous into a heatproof bowl and stir in the cinnamon, cloves and sugar. Pour over the boiling measurement water, cover with a clean tea towel and leave to stand for 10–15 minutes. Drizzle the oil over the couscous and, using your fingers, rub the oil into the grains until light, airy and any lumps are broken up.

Melt the butter in a heavy-based frying pan over a medium heat, stir in the pistachios and cook for 2–3 minutes until they emit a nutty aroma. Add the sultanas or raisins and cook until plump, then tip the mixture over the couscous. Toss well and spoon the couscous into 4 serving bowls.

Meanwhile, heat the milk and cream in a small saucepan. Pour over the couscous and drizzle over the honey. Serve immediately, with a dusting of cinnamon.

For sweet cinnamon couscous balls, tip 350 g (11½ oz) couscous into a heatproof bowl and just cover with boiling water. Cover with clingfilm and leave to stand for 5 minutes, then fluff up with a fork. Leave to cool slightly then, using your fingers, rub the grains to loosen and mould small pieces into balls, squeezing them together. Roll the balls in 2 tablespoons icing sugar and dust with 1 teaspoon ground cinnamon.



pistachio & raisin couscous

crystallized rose petals

Serves **4**

Preparation time **10 minutes**

2 egg whites

2–3 tablespoons caster sugar

2 sweet-scented, opened roses

Line a baking sheet with greaseproof paper. In a spotlessly clean bowl, whisk the egg whites with a hand-held electric whisk until stiff.

Tip the sugar onto a plate. Carefully pull the rose petals off the flower heads. Brush a rose petal with a little egg white, then dip into the sugar. Shake off any excess and place on the greaseproof paper to dry. Repeat with the remaining rose petals. For best results, leave for 1–2 hours until completely dry. Peel off the paper, then use the crystallized petals to decorate puddings, cakes and milk drinks.

For rose syrup cordial, place 450 g (14½ oz) granulated sugar and 225 ml (7½ fl oz) water in a heavy-based saucepan and bring to the boil, stirring continuously until the sugar has dissolved. Add the juice of ½ lemon and simmer for 5 minutes. Stir in 100 ml (3½ fl oz) rosewater and simmer for 4–5 minutes. Leave to cool in the pan, then pass through a sieve into a sterilized bottle or jar. To serve, put a few ice cubes into a glass, add 2–3 tablespoons rose syrup and top up with cold water. (The cordial can also be stored in the refrigerator for 3–4 weeks.)



crystallized rose petals

orange & honey puffs in syrup

Serves **4**

Preparation time **15 minutes**

Cooking time **about 20 minutes**

3 eggs

juice of 1 **orange**

grated rind of 2 **oranges**, plus extra to garnish

50 ml (2 fl oz) **sunflower oil**, plus extra for deep-frying

2 tablespoons **runny honey**

350 g (11½ oz) **plain flour**, plus extra for dusting

1 teaspoon **baking powder**

Syrup

225 g (7½ oz) **granulated sugar**

250 ml (8 fl oz) **water**

juice of 1 **lemon**

1–2 tablespoons **orange blossom water**

Place the eggs, orange juice, orange rind and oil in a bowl and whisk until frothy, then stir in the honey. Sift in 300 g (10 oz) of the flour and the baking powder and beat to form a thick batter.

Make the syrup. Place the sugar and measurement water in a heavy-based saucepan and bring to the boil, stirring until the sugar has dissolved. Stir in the lemon juice, reduce the heat and simmer for 10 minutes until syrupy. Stir in the orange blossom water and simmer over a low heat.

Beat the remaining flour into the batter until it forms a pliable dough. Tip onto a lightly floured surface and roll out to about 5 mm (¼ inch) thick, pulling out the dough until it stops springing back. Using a 5–7 cm (2–3 inch) cutter, cut out about 16 rounds.

Pour enough oil into a saucepan for deep-frying. Heat the oil to 180–190°C (350–375°F), or until a cube of bread browns in 30 seconds. Deep-fry the dough in batches for 2–3 minutes until puffed up and golden brown. Remove with a slotted spoon and drain on kitchen paper. Using tongs, dip the puffs into the syrup and serve immediately, garnished with grated orange rind.

For ice cream with orange & honey sauce, put 125 ml (4 fl oz) water into a small saucepan and stir in 1 teaspoon cornflour until dissolved. Add the grated rind and juice of 1 orange, 2–3 tablespoons orange blossom water and 2 tablespoons honey, then bring to the boil over a medium heat. Reduce the heat and simmer for 3–4 minutes. Serve with vanilla ice cream.



orange & honey puffs in syrup

baked figs with honey & spices

Serves **4**

Preparation time **10 minutes**

Cooking time **22 minutes**

12 ripe fresh figs

1 tablespoon **ghee** or **butter**, plus extra for greasing

2 teaspoons **cardamom seeds**

2 **cinnamon sticks**

grated rind of **1** **lemon**

4–5 tablespoons **honey**

icing sugar, for dusting

strained yogurt, crème fraîche or **clotted cream**, to serve

Cut each fig lengthways into quarters, keeping the base intact, and place in a lightly greased ovenproof dish.

Melt the ghee or butter in a small saucepan over medium heat, stir in the cardamom seeds, cinnamon sticks, lemon rind and honey and cook for 2 minutes until bubbling. Pour the mixture evenly over the figs.

Bake in a preheated oven, 200°C (400°F), Gas Mark 6, for 20 minutes. Serve dusted with icing sugar accompanied by yogurt, crème fraîche or clotted cream, to be dolloped into the middle of each fig.

For creamy figs with cinnamon honey, place 8 ripe fresh figs on a plate and, using a small, sharp knife, cut a deep cross into the top of each one, keeping the base intact. Put a spoonful of clotted cream or strained yogurt into the hollow and drizzle each one with 1 tablespoon runny honey. Dust with ground cinnamon and serve.



baked figs with honey & spices

date & pistachio truffles

Serves **4**

Preparation time **18 minutes**

Cooking time **1–2 minutes**

225 g (7½ oz) **shelled pistachio nuts**

225 g (7½ oz) **ready-to-eat pitted dates**, chopped

1 tablespoon **orange blossom water**

1 teaspoon **ground cinnamon**

1 tablespoon **runny honey**

50 g (2 oz) **desiccated coconut**

Dry-fry the pistachios in a heavy-based frying pan over a medium heat for 1–2 minutes until they begin to colour and emit a nutty aroma. Put into a food processor with the dates and blend to a thick paste.

Transfer the paste to a bowl and knead in the orange blossom water, cinnamon and honey. Roll about 16 small pieces of the mixture into bite-sized balls.

Sprinkle the coconut onto a plate. Roll the truffles in the coconut until evenly coated. Serve with coffee or tea.

For stuffed almond dates, mix together 150 g (5 oz) ground almonds, 60 g (2¼ oz) caster sugar and 1 tablespoon rosewater in a bowl, then work to a smooth, soft paste, adding more rosewater if needed. Place 200 g (7 oz) ready-to-eat pitted dates on a plate and stuff each one with the almond paste. Press the stuffed dates gently to compress the filling, leaving them slightly open to reveal the paste. Serve with coffee or tea.



date & pistachio truffles

saffron pears with lavender

Serves **4**

Preparation time **5 minutes**

Cooking time **25 minutes**

300 ml (½ pint) **water**

juice of 1 **lemon**

3–4 tablespoons **honey**

1 **cinnamon stick**

pinch of **saffron threads**

2–3 **dried lavender heads**, plus extra to decorate

4 **firm pears** with the stalks intact, peeled

Place the measurement water and lemon juice in a heavy-based saucepan and bring to the boil. Stir in the honey, cinnamon stick, saffron threads and lavender heads, reduce the heat and cook gently for 5 minutes.

Add the pears and bring to the boil, then reduce the heat and cook gently for 20 minutes, turning and basting frequently. Serve hot with the cooking liquid drizzled over, decorated with a few lavender petals.

For saffron, pear & lavender tisane, place 4 tall, heatproof glasses on a tray and pour 1 tablespoon boiling water into each. Scatter 3–4 saffron threads into each glass and leave to steep for 2–3 minutes. Add 1 ready-to-eat dried pear and 1 lavender stem to each glass. Top up with boiling water, drizzle in 1–2 teaspoons runny honey to taste and serve as a digestive drink at the end of a meal, or as a pick-me-up drink at any time of day.



saffron pears with lavender

almond & cinnamon filo coil

Serves **4**

Preparation time **10 minutes**

Cooking time **20 minutes**

450 g (14½ oz) **ground almonds**
300 g (10 oz) **granulated sugar**
2 tablespoons **ground cinnamon**, plus extra for dusting
2 tablespoons **orange blossom water**
250 g (8 oz) **filo pastry**
50 g (2 oz) **butter**, melted
1 **egg yolk** mixed with 1 tablespoon water, to glaze
icing sugar, for dusting

Line a baking sheet with greaseproof paper.

Put the ground almonds, sugar, cinnamon and orange blossom water into a food processor and blend to a thick paste. Place the filo sheets under a clean, damp tea towel to prevent them drying out.

Brush the top filo sheet with a little melted butter. Roll lumps of the almond paste into fingers, then place end to end in a line inside one edge of the pastry. Tucking in the ends to enclose the filling, roll up to form a long roll about a thumb's-width thick. Place in the centre of the prepared baking sheet, crease the roll like an accordion, then shape it into a coil. Repeat with the remaining sheets of filo, wrapping them tightly around the first coil.

Brush the egg wash over the coil. Place in a preheated oven, 200°C (400°F), Gas Mark 6, for 20 minutes until lightly golden. Dust with icing sugar and a swirl of cinnamon. Serve warm or at room temperature.

For toasted almond & cinnamon fingers, mix together 175 g (6 oz) ground almonds, 3 tablespoons granulated sugar and 1 tablespoon ground cinnamon in a bowl. Add 1 tablespoon softened butter or ghee and work to a paste. Lightly toast 2–3 slices of brown or white bread, crusts removed and cut into fingers, on one side under a preheated grill. Turn them over, smear with the almond paste and toast for 2 minutes. Serve as a hot snack.



almond & cinnamon filo coil

moroccan coffee with cardamom

Serves **4**

Preparation time **2 minutes**

Cooking time **8 minutes**

4 coffee cups of **water**, about 100 ml (3½ fl oz) each

4 **cardamom pods**

4 teaspoons very finely ground **Arabica coffee**

4 teaspoons **sugar**

Place the measurement water and cardamom pods in a small saucepan and carefully spoon the coffee and sugar on top. Gently stir the sugar and coffee into the surface of the water, making sure you don't touch the bottom of the pan with the spoon.

Bring to just below boiling point over a medium heat, gradually drawing in the outer edges of the coffee into the middle to create a froth. Just as the coffee is about to bubble, spoon some of the froth into 4 coffee cups and pour in the coffee. Leave to stand for 1 minute before drinking to let the coffee grains settle at the bottom of the cups.

For milky cinnamon coffee, place 2 tablespoons finely ground coffee, 4 cinnamon sticks and 400 ml (14 fl oz) water in a saucepan and bring to the boil, stirring continuously, then turn off the heat and leave to steep for 10 minutes. Strain the coffee, reserving the cinnamon sticks. Pour back into the pan and heat gently to just below boiling point. Put 250 g (8 oz) condensed milk into a separate pan and heat gently to just below boiling point. Place the reserved cinnamon sticks into 4 cups, mugs or heatproof glasses. Pour in the coffee to just over halfway, then pour in the condensed milk. Dust the tops with ground cinnamon and serve immediately.



moroccan coffee with cardamom

mint tea with lemon verbena

Serves **4**

Preparation time **20 minutes**

2 teaspoons **Chinese Gunpowder green tea leaves**

2–3 **sugar lumps**, plus extra to taste

large bunch of **peppermint** and garden **mint leaves** and **stems**

small bunch of **lemon verbena leaves** and **stems**

Place the green tea and sugar lumps in a teapot. Pour over a little boiling water and leave to steep for 5 minutes.

Stuff the mint and lemon verbena leaves into the pot, packing them in as tightly as you can. Add more sugar lumps to taste – the sugar enhances the flavour of the mint – and top up the pot with boiling water.

Place the teapot over a pan of boiling water or over a low heat on the hob, or simply cover with a tea cosy. Leave the tea to brew for 10 minutes.

Place 4 tea glasses on a tray. Pour some of the tea into a glass, then tip it back into the pot. Hold the pot high above the glasses and pour slowly so that bubbles form on top of the tea. Serve immediately.

For quick peppermint tea, trim several stems of peppermint to the size of your tea glasses. Place 1–2 leafy stems into each of 4 glasses with 1–2 sugar cubes or 1–2 teaspoons runny honey to taste. Fill each glass with boiling water, cover with a clean tea towel and leave to steep for 2–3 minutes. Serve hot.



mint tea with lemon verbena

hot spicy tea with chillies

Serves **4**

Preparation time **5 minutes**

Cooking time **about 20 minutes**

2 cinnamon sticks

25 g (1 oz) fresh root ginger, peeled and finely sliced

6 cloves

4 dried red chillies

600 ml (1 pint) water

2–3 tablespoons honey

1 lemon, cut into 4 thick slices

Place the spices and the measurement water in a medium saucepan and bring to the boil. Reduce the heat and cook gently for 15 minutes. Stir in the honey and simmer for a further 3–4 minutes.

Strain the tea into 4 heatproof glasses, add 1 of the chillies to each and serve with a slice of lemon to squeeze over.

For quick ginger & chilli tea, place 4 thick slices of peeled fresh root ginger, 4 dried red chillies and 400 ml (14 fl oz) boiling water in a saucepan and simmer for 8–10 minutes. Strain the tea into 4 heatproof glasses, add 1 of the chillies to each and sweeten with honey to taste.



hot spicy tea with chillies

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Standard level spoon measurement are used in all recipes.

1 tablespoon = one 15 ml spoon

1 teaspoon = one 5 ml spoon

Both imperial and metric measurements have been given in all recipes. Use one
set of measurements only and not a mixture of both.

Eggs should be medium unless otherwise stated. The Department of Health
advises that eggs should not be consumed raw. This book contains dishes made
with raw or lightly cooked eggs. It is prudent for more vulnerable people such as
pregnant and nursing mothers, invalids, the elderly, babies and young children to
avoid uncooked or lightly cooked dishes made with eggs. Once prepared these
dishes should be kept refrigerated and used promptly.

Ovens should be preheated to the specific temperature – if using a fan-assisted
oven, follow manufacturer's instructions for adjusting the time and the
temperature.

This book includes dishes made with nuts and nut derivatives. It is advisable for
customers with known allergic reactions to nuts and nut derivatives and those who
may be potentially vulnerable to these allergies, such as pregnant and nursing
mothers, invalids, the elderly, babies and children, to avoid dishes made with nuts
and nut oils. It is also prudent to check the labels of pre-prepared ingredients for
the possible inclusion of nut derivatives.